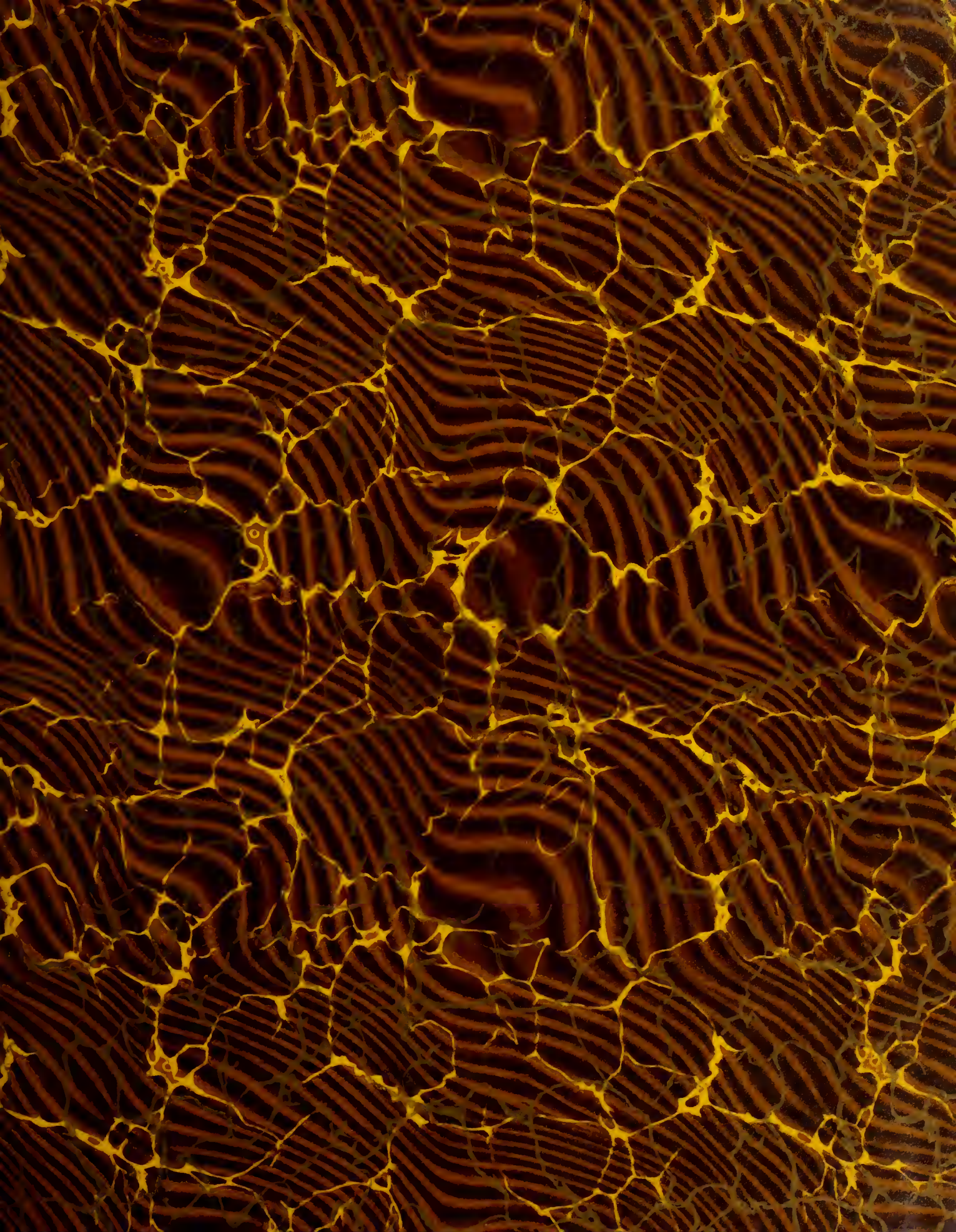
The Science of Mentalphysics

INNER CHAMBER 91 · 124





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OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

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COMMENTARY

61

COSMIC CONSCIOUSNESS Your Grand Rejuvenation Breath (1)

NOTE: It is only at this stage of our study of Mentalphysics that we can say we are truly beginning to learn. Have patience, Candidate. We are now to enter upon a study of the actual Realization of Rejuvenation, of Regeneration, . . . of IMMORTALITY. Properly equipped with what you have already studied and practised, your immediate future is indescribably hopeful. Therefore, I counsel you to weary not - have courage - have patience - be happy - DO THE WORK and you will know The Truth.

BREATHING FOR THE WEEK :

(1) Go back to Your Own Rejuvenation Breath, and practise it three times during each day. THINK what you are doing. You may breathe it physically, or you may breathe it mentally, but whatever you do THINK what Rejuvenation really means in the light of what you have so far learned. Youth - Never-changing Youth - Everlasting Youth - Immortal Youth . . . IMMORTALITY ---- what do these words MEAN? THINK THEM THROUGH.

MEDITATION FOR THE WEEK:

"I AM YOUTH . . . YOUTH . . . YOUTH."
(Contemplate YOUTH in its essence . . . and endeavor in all that you do and say and think and feel to KNOW YOUTH in the sense that you EXPRESS YOUTH.)

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

We have now come to the crowning hope of Mentalphysics. In commencing a consideration of Our Grand Rejuvenation Breath, we veritably Face the Light. We are inspired by what we have already accomplished for ourselves in Mentalphysics, and stand at the height of belief and hope and inspiration. We are IMMORTAL . .

THIS SPACE IS FOR YOUR OWN NOTES

immortal NOW . . . right HERE. It is for us to demonstrate it. What a future is ours!
The information that we have gathered through our study compels us to at all events BELIEVE that "Man has the power and the ability to live as long as he desires to live." Intellectually we can believe this, and the picture that our mind brings to us is the possibility of Immortality here and now . . . and we can even if we do not FULLY FEEL that we shall live for ever, declare that there is no need for death and passing of the physical body.

(a) The Vice of Skepticism.

Now, we either BELIEVE this, or we do not ; if we say that we believe it, that is the first step towards its realization. We recognize that what one man has done another million men can do, . . . when they know the way. We do not know of any human being who has lived for ever, but there is abundant evidence of what human beings HAVE DONE to make us believe that, when man knows the way, he will successfully defy the grave and pass onto a higher expression when he wishes and wills to do so. Of ALL people on earth, we in Mentalphysics must not fool ourselves. It is either true or not true. If true, we can - through the methods of our beloved philosophy - learn HOW to do it. If it is not true, what is the use of bothering about it at all?

The greatest vice of humanity is skepticism. It is said that a majority of the people of the world are gullible and believe anything that is told to them. Beliefs never hurt anybody with a sincere conviction, even when wrong, for we progress through believing and learning through error. It is disbelief that is a sin, and of all the vices from which mortals suffer, the worst and most general - is skepticism. Even when proof is offered to a skeptic he refuses to accept it.

Now, My Beloved, we are dealing with a question that is VITAL - CAN we extend the span of our lives? Can we live as long as we desire to live? Has the human being the power of Immortality? IS the human being the Creator, God, in Human form with all the attributes of God?

In Mentalphysics we claim that man dies because he prepares himself for death as an inevitable happening in an uncertain future, and thus, through the training of the Subconscious Mind, spends his life in calculating upon its certainty through debility or disease. Man thinks himself into eventual collapse. He knows, often, that life IS . . Everlasting, Unchanging . . life is always young, abundant, flowing unceasingly, yet he dies. And lest we Nobles of The Light should still have a hankering fear of death, we must get THE TRUTH. I categorically declare that when we remove the idea of death from human consciousness, we shall live as long as we desire, and mankind will then truly come into its own . . . boundless possibilities for man are in the immediate future, when once the idea of death is removed from his consciousness.

(b) Make Your Own Investigation.

We should do all that we can to become convinced of the possibility of living to a great age. Every bit of evidence that comes our way should be carefully considered. To KNOW HOW to live is, as we have found out, a profound and subtle science, and it is obvious that no other subject of equal importance as longevity can be presented for our consideration. In our consideration of the question of longevity, I as your Teacher must assume that you DO FEEL THE POSSIBILITY OF LIVING AS LONG AS YOU DESIRE TO LIVE.

THIS SPACE IS FOR YOUR OWN NOTES

That people HAVE lived to great age, and ARE LIVING to great age is beyond all question. Just before writing this I read of a man who died in Casablanca at the age of 140. A United Press message from Edmonton, Alta., dated April 24, 1936, speaks of Jean Baptiste Lapointe, a well-known guide and hunter in the early days of the Hudson Bay Company, who died at the age of 130.

If you have access to a public library, I would advise you also to read an article in Scribner's Monthly for November, 1875 (p. 33), entitled "Curiosities of Longevity", which is a masterly resume of the subject. I ask you to read this, or anything else that you can find, for the reason that the knowledge of the means by which life may be prolonged, as we learn in Mentalphysics, is what we must all seek ; and yet those very means are taboo to a great many people. They hope for longevity, but they doubt even when reasonably authenticated stories of longevity are brought to their notice. To live long is the most practical boon of God, far beyond the limit which experience has declared for the race.

In this Commentary I quote freely from the article in Scribner's Monthly, above referred to. Authorities on vital statistics, such as Lord Bacon, Flourens, Hufeland, Buffon and others, have contributed valuable information on the subject ; yet their pages read like an Eastern romance, so interwoven do we find valuable counsel and superstitious belief. Lord Bacon thought that "some art for prolonging life was known to the ancients, and, having been lost, is recoverable" . . . we KNOW it is recoverable, and we have the means at hand in our beloved Science. A writer in the Encyclopedia Britannica has suggested that the antediluvians restored their vital powers "by occasionally partaking of the 'Tree of Life', as the Homeric gods fed on ambrosia."

(c) The Three Early Periods.

Buffon was of the opinion that in early times the earth was less solid and compact than it now is, and that gravitation only partially operated ; there was, therefore, not the same limit to man's increase of stature, and the consequent postponement of the period of maturity led to a postponement of the period of decay ; as men were longer growing they had also longer to be alive. These were the times referred to in Genesis, vi., 4 : "There were giants on earth in those days."

Then there have been those who have written about the "Three Ages of the World".

The First Period - When the world was to be peopled by one man and one woman, extended from the Creation to the Flood, when men lived to be nine hundred and beyond.

The Second Period - From the Flood to the death of Abraham, which witnessed a great reduction in man's age, and Shem appears as the extreme type - he lived six hundred years.

The Third Period - This followed the death of Abraham, and reached to the days of the Psalmist, but, says the writer in Scribner's, "notwithstanding the authority of the 19th Psalm has been made the rule since the period referred to, there have been credulous ones who, a few hundred years ago, readily accepted the statement that men and women, during the latest years of the Christian era, had reached three hundred years" ; and a Portuguese author had the hardihood to tell of a native of Bengal, Numas de Cugna by name, who died in 1566 at the incredible age of 370.

THIS SPACE IS FOR YOUR OWN NOTES

You will notice in all that you read about longevity that, though evidence of old age is quite common, most writers endeavor to discredit significant instances of old age. Lord Bacon, quoting from Pliny, says : "There was a taxing by Vespasian of all the people, from which it appears that in the part of Italy lying between the Appenines and the River Po, there were found fifty-four people 100 years old ; fifty-seven 110 years ; two 120 ; four 130 ; and three 140". . . Now leave sunny Italy and go to inclement Norway. An enumeration of the inhabitants of Aggerhus, in Norway, in 1763, showed that

> "150 couples had been married over 80 years - consequently the greater number were aged 100 or more ; 70 couples had been married over 90 years, which would place their ages at about 110 ; twelve couples had been married from 100 to 105 and another couple 110 years so that this last couple were doubtless 130 years."

The opinion has generally obtained that extreme age is to be looked for in the wide open country where the rich warm sunlight shines without restraint rather than in the narrow, foul and turbulent cities. Yet,

> "Mark the two following cases: MARY BURK, aged 105, living in Drury Lane, London, and ANN BRESTOW, aged 102, living in Culbeck in the north of England, died in 1879. A great contrast is here shown, for both obtained great age, but one lived in squalid poverty in one of the vilest haunts of London, while the other belonged to the Society of Friends and abode in the healthy region of the Cumberland Lakes."

I shall be dealing with much more evidence on this subject in the next Commentary. I ask you this week to consider whether you are determined to greatly extend the span of your own life. The high longevity of females, as compared with males, in civilized communities is well established, notwithstanding many are of the poorer class, exposed through the early and middle portions of their lives to all the sorrows and dangers of maternity. One Prussian authority (Hufeland) remarks: "Not only women live longer than men, but married women longer than single, in the proportion of two to one." Statistics show that more women than men reach the age of 115 years but beyond that age more men are found. A remarkable case of longevity is that of Mary Prescott of Sussex, England, who died in 1768, aged 105, after having been the mother of 37 children.

I leave you to carefully consider these cases, not from a merely traditional angle, but from the point of view of personal inspiration . . . do cases that you consider inspire you to do likewise? If people of the kind quoted, without the advantages that we in this scientific age enjoy, could live to great age, why cannot we? And in Mentalphysics you, as a Noble of The Light, have pledged yourself to do so.

Peace be unto you!

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.

End of The Sixty-First Commentary,
Inner Chamber.

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COMMENTARY **62**

COSMIC CONSCIOUSNESS Your Grand Rejuvenation Breath (2)

BREATHING FOR THE WEEK:

Same as in your last Commentary.

MEDITATION FOR THE WEEK:

Same as in your last Commentary.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

In your last Commentary you were advised to consider most carefully the material that may come your way for cementing in your mind the TRUTH of rejuvenation, longevity, regeneration . . . Immortality. You, of course, are convinced that what you have been dreading as old age, with its physical decrepitude, mental vacuity and spiritual poverty, is merely a bad tradition and a base delusion. The NATURAL condition of advanced years includes physical comfort, mental alertness, spiritual radiance - and these are ASSURED for all time when we KNOW what we are learning in Mentalphysics. As a public Teacher I have had the extreme satisfaction of bringing youth to thousands of people who before were drooping, ailing, forlorn, aged men and women. There is nothing that satisfies my heart so much as to see men and women, filled with fear of Death --- which really means ignorance of Life - turn about face, and defy old age and disease, and make life all over again.

Remove fear of Death from the human consciousness, and the battle is won . . Immortality will then be achieved. When we KNOW what the body is, what the body IS FOR - that is, why we have a body - we shall then come into the knowledge so that we EXPRESS that knowledge in Eternal LIFE. Will you IMAGINE with me for a moment what this earth will be like when men and women have learned that Truth so that they can manifest it, when we shall all KNOW and be able to EXPRESS IMMORTALITY.

THIS SPACE IS FOR YOUR OWN NOTES

(a) Important Examples.

I want you to consider the following:

FRANCIS HONGO, a native of Smyrna, and consul for the Venetians in that ancient and renowned city, died in 1702, aged 113. He was never sick, walked eight miles as a daily practice, and retained his sight, memory and hearing to the last. He was five times married, and had 49 children born to him ; when about a hundred years old his white hair fell out and was succeeded by a crop of its original color, and at 112 years of age he cut two teeth.

MARGUERITE KRASIOWNA, a Polish woman, died in 1763, aged 108. When 94 she married for her third husband Gabriel Raykolt, who was then 105. His father was 119 when he passed on. During the fourteen years Marguerite lived with her husband she brought him two boys and a girl - unbelievable? . . it is believed to be true.

MRS. WILLIAMS, of Bridehead, died 1841, aged 102. Age proved by parish statistics and family records.

WILLIAM PLANK, of Harrow, England, died 1867 at a hundred; age proved by being in school with late Lord Lyndhurst in 1780 ; bound apprentice in 1782, and received indentures of freedom in the Aalters Company in 1789.

JACOB WILLIAM LUNING, died 1870 ; aged 103 ; age proved by statistics of birth, baptism and testimony of disinterested friends, while his identity (the most difficult of all things to prove), has been established by statistics from the Equitable Insurance Society in London, where, at the age of 36, in 1803, he was insured for 200 pounds. (I believe this is the only case on record of an insured life extending to the hundred year mark.-D.L.M.)

CATHERINE DUNCOMBE SGAFTO, who died in 1872, aged 101; age proved by parish statistics and identity established by the fact that in 1790, she (being then 19 years of age) was selected as one of the Government nominees in the routine of that year. Her husband and many of her sons were representatives in the British Parliament.

HENRY JENKINS, who died 1670, aged 169, remembered the great battle of Flodden Field, fought between the English and the Scotch in 1513. When 157 years old he was produced as a witness to prove the right-of-way over another man's property ; being cautioned by the judge to speak truthfully in regard to his great age, he referred the magistrate to two other witnesses in court, each over 80, who testified that when they were small boys Jenkins was a very old grey-haired man.

JOHN SANDS, of Staffordshire in England, is mentioned in "Fuller's Book of Worthies" as having lived 140 years, and his wife 120 years ; as a very convincing proof of this statement, it was stated in court that he outlived five leases of 21 years each, made to him after his marriage.

THOMAS GANGHEAN, died 1814, aged 112 ; he was called at the age of 108 to prove the validity of a survey made in the year 1725, and his testimony contributed chiefly to the termination of an important lawsuit.

JANE FORRESTER, died 1766, aged 138 ; when she was 132 years old her intellect was so clear that she made oath in a chancery suit to have known an estate, the title to which was then in dispute, to have been enjoyed by the ancestors of the existing heir 101 years.

THIS SPACE IS FOR YOUR OWN NOTES

PETER GARDEN, died in 1775 near Edinburgh, aged 131 years ; he lived during eight reigns ; he was of gigantic stature and retained his health and entire faculties to the last hour.

MRS. MILLS died in the West Indies in 1805, aged 118 ; she was followed to her grave by 295 of her descendants, sixty of whom, named Ebanks, belonged to a regiment of local militia.

AGNES MILBOURNE died in the poorhouse ; one husband brought her 29 sons and one daughter, all of whom she survived.

WILLIAM PARR (not Thomas), of Birmingham, England, died in 1870, aged 121 ; he survived a posterity of 144 persons, and, finding himself without an heir, bequeathed his fortune of 10,000 pounds to charitable uses.

JAMES HATFIELD, died 1770, aged 105 ; one night, while on duty as a sentinel at Windsor, he heard St. Paul's clock in London, 23 miles distant, strike 13 instead of 12, and, not being relieved as he expected, fell asleep ; the tardy relief soon arrived and found him in this condition ; he was tried by a court martial, denied the charge of sleeping at his post before midnight, and in his defence related the story of St. Paul's clock, a circumstance never known before. His life was thus saved.

MISS ELIZABETH GRAY, died 1856, aged 108 ; she survived her father 100 years, and was buried beside a half-brother who had been dead 128 years.

(b) Our Present-Day Advantage.

I could fill the space of a full-length novel with many other instances, in many countries, equally authentic of extreme longevity. Most of these old people were doubtless shrunken, shrivelled relics of age. Doubtless they were not all like the old Irish Countess of Desmond who fell from a fruit tree and broke her thigh, recovered, danced at court with the Duke of Gloucester (afterwards Richard the Third of England), and continued gay and lively, and dancing even beyond her 100th birthday. This lady cut three new sets of teeth. Her family being ruined by rebellion, she made the long journey to London to seek relief from the Court of James the First. This skittenish octogenarian certainly did defy age, but I daresay that the others were fairly happy to go when the time came. But we in Mentalphysics know that there is no age - we know more than they did . . . why, then, should we not be able to live and maintain and sustain perfect physical and mental vigor and beauty as long as we desire to do so --- you know, and I know, that there is no reason why we should not, for we have learned that the cells of our bodies are potentially immortal.

I think, however, that we are convinced that the human body - as we now understand it as the Temple of the Lord of Life within us - has within it the power of indefinite life . . . that is, life forever. We know that old age is a delusion. We have our Grand Rejuvenation Breath as the sublime secret. Whether we fully understand it or not, this glorious breath is the secret method. We have called the Cleansing Breath the Breath of the True Analysis - our Grand Rejuvenation Breath is the Breath of the First Reflection.

This Commentary and your last Commentary contain much food for thought, and in your next Commentary you will be led into a deeper understanding of your Grand Rejuvenation Breath. I hope that this week you will prepare yourself to enter your practice with great reverence, for we have now come to the point where we literally USE THE FIRE.

THIS SPACE IS FOR YOUR OWN NOTES

(c) The Light and the Fire.

So far we have gone through what to some may have been weary searching for The Light . . . then the circulating of the Light . . then the "melting" - then the "mixing" . . . then we seemingly went back to cement what we had learned, and endeavored to pass through the flame as it shone in the outer regions inwards, inwards to the Center of Centers. There we found the Fire from which the Flame comes . . . we entered into the Fire, we were consumed by it, we passed through the crucible and found ourselves TO BE THE FIRE ITSELF . . . "Whatever the Creator is, I am."

All this has appeared, intellectually, simple to us. Not so, in practice, however. So now, My Beloved, we must guard the secret with all our watchfulness. We have learned that we are the FIRE. We know that fire anywhere will rage and burn and destroy a city overnight, but, properly directed, a fire is ever useful to mankind.

Before we came into Mentalphysics we did not know that we were fellow-custodians of the Very Fire of Life Itself, the Fire of Love, the Fire that supplies the Life and Heat that conserves Life . . . but is the same Fire that consumes whatsoever that does not conform to its principle, so that through the Fire it may be made perfect again to conform.

So from now onwards you see yourself Custodian of the Furnace - a tremendous responsibility. We have learned. We have gained knowledge. We must now USE our knowledge, lest it turn against us and consume us. . . for from your very first Lesson in Mentalphysics you have learned that you were playing with FIRE, the Fire of Life.

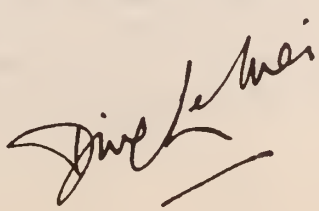
If you are trained in any of the sciences relating to the human body, I would advise you to think of the correspondence between Fire and the Flame and the Heat and the Life - just think of these four words, and how they are all linked together, and your mind will disclose much to you.

FIRE IS LIFE . . . and YOUTH! Guard well the Fire of Life within you. In your next Commentary we shall go to the manner in which we may all express Eternal Youth --- and what a picture that brings up before our minds. At the same time, we can see that this knowledge must be guarded from the eyes of the profane, for in the hands of the unworthy it would literally wreck humanity.

Be happy - Give thanks . . . feel the wondrous Fire of Life burning steadily and eternally within you as you read.

My peace I send to you . . . you are YOUTH - YOUTH - YOUTH . . . and you express Youth in all that you do and say and think and feel. Nomaste.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.



Written in Faith at
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End of The Sixty-Second Commentary,
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COMMENTARY **63** COSMIC CONSCIOUSNESS Your Grand Rejuvenation Breath (3)

BREATHING FOR THE WEEK :

Same as in Your Last Commentary.

MEDITATION FOR THE WEEK:

Same as in Your Last Commentary.

(In Meditation declare with the FEELING that you KNOW you are telling yourself the Truth, and that AS YOU DECLARE IT YOU KNOW THAT THE TRUTH IS SETTING YOU FREE FROM THE RAVAGES OF OLD AGE . . . "I AM YOUTH . . . Y O U T H . . . . I AM Y - O - U - T - H !!!" FEEL that you truly ARE YOUNG.)

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

In your last two Commentaries space has been devoted to many examples of old age, and ideas given generally on longevity. I hope that you have given these two Commentaries the attention they deserve, so that the idea of Imperishable Youth is literally rooted in your consciousness . . . I Know that I am Young . . . I FEEL that I am Young . . . I FEEL THAT I KNOW that I am Young . . I KNOW THAT I FEEL that I am young --- I AM - I AM - I AM YOUNG!"

There is a strange disparity between the sciences of inert matter and those of LIFE. During the past hundred - or even fifty years, man has learned a great deal about the universe outside himself, but lamentably little about the substance and principles of his own universe - Himself. Man is still the "unknown" quantity . . indeed, most people know nothing about themselves. No wonder that Alexis Carrel wrote a book entitled "Man, the Unknown". The sciences of inert matter have made immense progress, while those of living beings remain in a rudimentary state. Man should be the measure of all, but, on the contrary, he is a stranger in the world that he has created. He has been incapable of organizing this world for himself, because he did not possess a practical knowledge of his own nature. And today the SCIENCE OF MAN is the most necessary of all sciences. Why? Because man

THIS SPACE IS FOR YOUR OWN NOTES

will never be able to organize and control Nature to his own eternal progress until he has first come to understand and to know - and consequently to master - his own true nature. Mentalphysics today offers to the Western world a science of man - a science of LIFE ; and we Nobles of The Light should be intensely grateful for the priceless knowledge of the TRUTH of LIFE that is ours if we will work for it.

(a) Man Is Life ; Youth is Life Reflected.

As we grow to understand something about LIFE, we know that LIFE is Eternal, and as YOU are Life, you are eternal. We have long ago learned this in Mentalphysics, so that we can say that we believe it, and that we feel that through practice we may lead ourselves on to a demonstration of LIFE. We also see that Youth is the First Reflection of Life, so that, in this Science of Man, the first thing to learn - that upon which every other expression rests - is YOUTH.

Contemplating Our Grand Rejuvenation Breath, you find many thoughts and ideas rushing into your mind. Ask yourself some questions:

(1) I have been learning for some months past the Truth of YOUTH . . . am I younger today than I was a year ago?

(2) If I do not feel that I am, then

(i) WHY? Is it not because I have not been practising the FEELING of Youth every day and every hour of the day? Is it not because I have failed to THINK Youth all the time? . . . It is because I have not yet learned fully to do so.

(ii) HOW CAN I NOW GROW YOUNG? Knowing what you have learned, do you not see that you do not grow young because you either do not LIVE what you have learned about growing young, or you do not KNOW ENOUGH ABOUT growing young. Remember that we carry with us the wonders that we seek without us.

We shall endeavor to answer these questions, for there is not the slightest doubt that UNTIL we know how to be young always, and control our bodies in protection from decay and senility, we cannot hope for full mastership . . . for eternal youth is a prerequisite of Mastership. And, after all, MASTERSHIP is but the true reflection of Wisdom. . . and you are Wisdom.

(b) "I Am Eternal Now."

I am to assume that you have learned the importance of a right conception of Youth. You believe, do you not, that there is no age - and you may KNOW it. You have learned what modern science has uncovered in relation to even the cells of the physical body being potentially immortal. You have learned that, in truth, there is no old age, no decay, no disease, NO DEATH . . that there is but Eternal Life, the ETERNAL NOW. You remember your beautiful meditation :

"I AM ETERNAL NOW - RIGHT NOW.
I AM ETERNAL LIFE - I AM IN ETERNITY NOW."

(Knowing that there is but the now (no Time), and that yesterday and tomorrow are merely figures of speech that mark the passage of events.)

THIS SPACE IS FOR YOUR OWN NOTES

When we started in Mentalphysics you will remember that your Grand Rejuvenation Breath was distinctly a physical breath. We were seeking health and perfect physical expression. It has since been revealed to you, through your practice, that this priceless breath is infinitely more than a physical breath, however. We commenced in our study and practice by going into the breath with all the physical feeling of livingness that we could - - how every cell of the physical body was charged, how you built into your consciousness that beautiful meditation after the breath "I THOUGHT MY BODY WORE OUT AND GREW OLD LIKE AN OLD PAIR OF SHOES, BUT NOW I KNOW, AS I STAND IN THE PRESENCE, NEW CELLS ARE BEING MADE FOR ME. I AM BEING RENEWED. I SING - I REJOICE! I SING THE SONG OF CONQUEST. THERE IS NO AGE FOR ME . . . NO DECAY, NO SENILITY, NO DISEASE, NO DEATH! I AM FREE. . FREE. FREE FROM THE RAVAGES OF TIME, FREE FROM ALL NEGATION OF MY OWN MIND. . . I AM YOUTH . . YOUTH . . YOUTH!"

You will remember the FEELING that this meditation brought up within you coincided with your own Inner DESIRE and Intuitive Belief . . how this expressed what you had, in the sanctuary of your own heart, always inwardly hoped to be possible. And IT IS THE TRUTH.

Then you will remember how I consistently laid emphasis upon the need of LIVING this idea of Youth, in everything that you do and say and think. You recall how it was explained that LIFE IS, and that YOU ARE LIFE. (Remember the Documentary Lesson in the Initiate Group Course on "The Holy of Holies"). You KNOW that you are Life, and Life can only be expressed and reflected through your own physical body. That which is called YOUTH is, I repeat, the true reflection of the Essentiality - LIFE. You have learned, too, that you, being what the Creative Spirit is, are Inexhaustible, - All-Pervading, - Indestructible, - Imperishable, - Changeless, - Unchangeable.

WHAT HOLY THOUGHTS THESE ARE! Hold them to you closely, Noble of The Light.

It is self-evident, then, that in our Grand Rejuvenation Breath, having come into the possession of the FIRE, we stand blessed with ALL THAT THERE IS. The manner of the USE to which we put it determines ALL THAT WE ARE. We stand at the very threshold.

(c) Another Point In The Journey.

And now we start another journey. The steps are similar to all those which we have followed so far in all the previous Breaths, though going deeper. After patient toil and practice we have found THE THING ITSELF, and SEE THE THING ITSELF as it is reflected through us - physically, mentally and spiritually. Using THE THING, we are to find out what the EXPRESSION OF THE THING is. . . . YOUTH, YOUTH, YOUTH.

On the Physical Plane - Beauty - Vigor, Virility - Strength - Power . . . a body filled with the boundless vigor of doing ; Energy - Fatiguelessness - Life.

On the Mental Plane - Alertness of mind - Joy - Joy - Joy ; Optimism - Memory - Trust - Confidence - Hope - Assurance - Aspiration - Enthusiasm - Buoyancy - Exultancy - Balance - Life.

On the Spiritual Plane - That which cannot be spoken.

On the Physical Plane, we have already started with first things first, and have found that the perfect expression of THE THING ITSELF (names do not matter at all) cannot but be other than PERFECT YOUTH, the true reflection. The Grand Rejuvenation

THIS SPACE IS FOR YOUR OWN NOTES

Breath, physically, is vitally important, but we have gone through that stage, for we have ceased to breathe with the body, but are breathing with the HEART . . . and this is the first step from the outer into the inner, taking us from the Human Heart onward into the center of the Heavonly Heart.

(d) Youth The Ruler.

In everyday practical life, YOUTH RULES. But Youth is also prone to err. Through its errors, as it gains wisdom, Youth finds the Path through experience. But WE have come far along The Path . . . WE know ourselves to be THAT . . . WE are the Essentiality . . . WE are the Center of Centers . . . WE are the Life . . . WE are the Light . . . WE are the ALL. Carrying this beautiful thought no further than the mere instrument, the Physical Body, we know that we have the power to live as long as we desire, and the doors of our minds are constantly open that we may learn how this is done.

Now that we know that we are LIFE, subject not at all to decay and disease and death, then we will live and have life more and more abundantly . . for we have the method.

Rest and think. There is no need for me to write words of explanation. If you have been faithful, YOU KNOW!

You KNOW because you see -- and you SEE by the LIGHT of you. You SEE only that which IS - and that is good (God). Look at your physical body, and if it has been transformed, grown younger, more flexible in the within life, more adaptable and powerful in the life without, then you have found the secret. If you have failed, or not come up to the point which you hoped and expected to reach, go back, build it more and more through meditation into your consciousness, and so conquer the powers of darkness (ignorance), which merely means lesser Light (Wisdom). BUT IF THE LIGHT HAS SO SHONE THAT EVERY CELL IN YOUR BODY (look for the hidden meaning in this sentence) HAS BEEN CHARGED WITH THE ELIXIR, THEN YOU ARE RESTING IN THE ETERNAL NOW, WHICH MEANS ETERNAL YOUTH, THE REFLECTION OF ETERNAL LIFE.

If there comes to you as you read this the slightest twinge of regret, that you have not conquered as you would wish, go back to your early lessons. YOU CAN DO IT if I can do it - everyone can do it if they WILL TO DO IT.

There is so much to be done in the world, and to work while it is yet day we must work in THE LIGHT ; and the LIGHT within thee means YOUTH . . . if the Light that is within thee is darkness, that darkness is very great. Therefore, ACT YOUTH - in all that you do ; move as Youth moves ; FEEL as Youth feels.

In Your Grand Rejuvenation Breath you have the Golden Key that will open the true Holy of Holies of Life in Youth, to enable you to Do whatever you desire to do. This is my hope for us all in Mentalphysics, that we become YOUNG, that we live long in well-doing, and that we come to feel the TRUTH of Life - that we are the Masters in very Truth.

Peace be unto you. Remember your Mother, Mentalphysics - and seek the Toiling Pilgrim.

Sincerely your Teacher, in Fraternal Bonds of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.

End of The Sixty-Third Commentary,
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES

OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

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COMMENTARY

64

COSMIC CONSCIOUSNESS Your Grand Rejuvenation Breath (4)

In this Commentary, you are shown HOW to gain the True Conception of that Wondrous Youth that we are all endeavoring to attain to. - D.L.M.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

For some time we have been considering together the desirability, the logical need of and the wondrous vision of YOUTH - the Reflection of Life. This week I invite your reverent attention to a method by which this may be brought about in your life so that it becomes the very essence of you.

I am to assume that you are the Master of the Breath. I must assume that you have come to the point where you now feel that you will never again suffer from sickness of the body or disbalance physically - that you KNOW how to live as a physical being. You know how to fuel the body - you know how to rid yourself of any congestion that may arise in the body - and you know that you are Youth.

(a) An Important Exercise.

My Beloved, I find it in my heart as I write to hope that every Noble of The Light who reads this Commentary is FIRED with the desire and the belief and the INTENTION to live as long as he desires to live. We have learned much. All adepts have always advised discretion, and have always been circumspect in their revealments, lest That, which in the hands of the philosopher becomes most precious, should be otherwise made worthless. Meditation is a simple practice, but it is the Noble Science. It reveals to us THE LAW, and we know that The Law can be made to work by even those who are not worthy to have it revealed to them. Yet we often hear people who should know better speaking most lightly in ordinary conversation about Meditation as if it were a mundane practice of the market place. We must guard our secrets. The reason that the ancient philosopher always taught by mouth to ear was because he dared not reveal his secrets to the ears of the profane.

THIS SPACE IS FOR YOUR OWN NOTES

It is no different today. The restoration of man to the conquest and harmony of his ancient sovereignty over Nature, which brings him into eternal alliance with super-nature, is the sole aim of the Higher Ones --- but we must be ready to receive, and show our humble willingness to receive before they reveal the secrets to us.

Therefore, this week, rest in the higher realms. Be calm and peaceful. Make it a week of beauty and restfulness of spirit. Watch that every moment is consecrated to your Higher Self. For I wish to reveal to you a method by which you may attain to the Youth that you desire - a knowledge of your own Eternal Life.

The important exercise, which you must keep to yourself of course, follows.

(b) The Exercise Supreme.

Instead of physical breathing of Your Grand Rejuvenation Breath this week, practise the Breath silently and mentally. What do I mean? This is the way.

(1) See that your body is clean - live for the first two days on fruit juices and water . . . or, at all events, very light foods.

(2) See that you do not get disturbed - do not work too hard, nor be lazy and indifferent - - - maintain the balance of action. And, above all, be happy.

(3) Feel the spirit of Your Own Spiritual Breath all the time; and hold your mind to the beauties of Mentalphysics in their very highest vibrations. Thus will you be ready for the practice.

(4) If possible, witness your sunrise - either actually watching the sun rise, or doing so with the aid of your imagination.

(5) After carefully bathing in the morning, do this exercise. Sitting in the sevenfold position, we meditate to take ourselves away from the mundane : We are still, we watch our breath, we sink into the meditative attitude, and not until we are sure that we are ready do we begin. All within us is tranquil - we have gone through the outer and are safely and happily in the INNER of ourselves. Then we begin (I use the wording that I use in the Inner Chamber here at The Institute in my personally-conducted classes) :

"AND NOW I IMAGINE MYSELF IN A TINY BOAT ON THE WATERS OF THE TURBULENT OCEAN . . . I HEAR THE ROAR AND THE RUSH OF THE WATERS ABOUT ME . . I FEEL THE EXTREME MOTION OF LIFE'S OCEAN . . . I SEE THE GREAT WAVES RUSHING UPON ME . . I WATCH AS I SAFELY STEER MY SMALL BOAT TOWARDS THE OTHER SHORE.

"I WATCH AND GET THE PICTURE, AND FEEL IT WITHIN ME.

"AND NOW I SEE MYSELF BRINGING MY SMALL BOAT ONWARD TO THE SHORE - THROUGH THE ROCKS AND THE GREAT BOULDERS . . I HAVE TO BRING HER SAFELY TO THE SHORE, OR FIND HER DASHED TO PIECES ON THE ROCKS. SLOWLY, SILENTLY, I SEE MYSELF STEPPING OUT OF MY BOAT AS SHE RUNS UP ON THE SANDS. . . . BUT THERE BEFORE ME YAWNS THE GREAT CAVERN. BEFORE MY EYES I IMAGINE DEEP, DARK, DENSE BLACKNESS: ALL IS INTENSE BLACKNESS. I WATCH. THEN FROM OUT THE BLACKNESS THERE

THIS SPACE IS FOR YOUR OWN NOTES

COMES THE TINIEST POINT OF LIGHT - A SMALL POINT WHICH GRADUALLY GROWS LARGER - IT IS THE SIZE OF A PEA.

"I WATCH - IT GROWS LARGER . . . IT IS THE SIZE OF A DIME.

"I WATCH - IT GROWS LARGER . . . IT IS THE SIZE OF A NICKEL. (BUT THE LIGHT DOES NOT GO OUTWARD FROM THE CIRCUMFERENCE, BUT SEEMS TO RADIATE INWARDS FROM THE CIRCUMFERENCE TO THE CENTER.)

"I WATCH - IT GROWS LARGER . . . IT IS THE SIZE OF A QUARTER.

"I WATCH - IT GROWS LARGER . . . IT IS THE SIZE OF A HALF-DOLLAR.

"I WATCH - I DO NOT FEAR TO FACE THE LIGHT - IT GROWS LARGER. . . IT IS THE SIZE OF A DOLLAR. AND NOW I SEE THE BLACK CIRCUMFERENCE NARROWING AS THE LIGHT WIDENS AND BRIGHTENS . . . THE BLACKNESS HAS ENTIRELY GONE, AND I SEE NAUGHT BUT LIGHT, LIGHT, LIGHT.

"I REST - I WATCH . . . THE MOON HAS BECOME THE CAVE - THE CAVE HAS BECOME THE MOON. AND WITH MY HOLY BREATH I FAN THE FLAME."

This is the first part of the exercise. Do this until you have become proficient in its art, and then go on to the following. Perhaps it will take you a day or two before you can feel that you have truly MASTERED the exercise, and do not go on to this part that now follows until you feel that you have the technique under control.

NOW, we Want YOUTH.

Beginning with the exercise as written, bring yourself to see nothing but the Light, but there will remain with you the tiny point in the center - and that will appear as a point of darkness - or something slightly different from the great ocean which came from that small point.

Go through the exercise again, with this difference; visualize your Highest Self at that point, and so see the Light gather around YOU. As the Light grows YOU will be the Light, and in your consciousness you will FEEL YOURSELF to be the LIGHT --- which is true. You will feel what you see, and see what you feel. Holding the idea of YOUTH, YOUTH, YOUTH, you will FEEL YOUTH and thus KNOW YOURSELF TO BE YOUTH. Many of the most sublime ideas and feelings of Youth and the ESSENCE of YOUTH will come to you in meditating thus, and you will find a tremendous impetus towards youth.

(c) Humanity's Progress Is Necessarily Slow.

We know that the evolution of humanity is a slow affair. The white races are making a staggering advance towards what is called "civilization". It is obvious to the thinker that until Man comes to know that he is possessed of powers of actual renewal - meaning Youth - human progress must remain intolerably slow and inadequate. It is for US in Mentalphysics, who are learning THE WAY, to become pioneers. There

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is every reason why we should grow young. Every reason why we should become leaders in the true sense. Here at The Institute we feel that we are doing a great work, in personal classes and in correspondence such as our Lessons embody, and in the dissemination of literature, for the emancipation of the race.

So far as we know how, we are "popularizing" the idea of Rejuvenation.

I notice that Mr. Rockefeller, who has passed his 97th birthday, desires to become a centenarian ; but I also notice, from a newspaper report, that he is now to be prevented from playing his usual golf. If that is so, he will quickly pass, I fear. What has kept him going is Prana, which he has gained through the active breathing that he has had to do on the golf course. That is how to retain life -- but only in an outer sense. WE know how to do it in an inner sense . . . we have the Golden Key. What would John D. Rockefeller give (if he only knew) for the knowledge that we in Mentalphysics have. Why not give it to him? I am afraid that he would not take it. I suppose that it would be hard, first of all, to get near to him, and then he is so hemmed in and around by the scientists that he would not be allowed to study Mentalphysics even if he wished to do so.

But as for US - we are the Monarchs. We KNOW the WAY. Then let us live it. My Beloved, I urge you to study this Commentary and to practice the exercise revealed to you with assiduity and humility.

MAKE NO MISTAKE. TO DO IT, WE MUST SIMPLY DO IT. WE HAVE THE MEANS IN MENTALPHYSICS TO RESCUE OURSELVES FROM THE STATE OF INTELLECTUAL, MORAL, PHYSIOLOGICAL ATROPHY WHICH IS BROUGHT ABOUT BY THE CONDITIONS OF MODERN LIFE. WE MAY DEVELOP ALL OUR POTENTIAL FACULTIES. WE MAY REESTABLISH OURSELVES IN THE UNITY OF LIFE, IN THE HARMONY OF OUR PERSONALITIES, AND TAKE ADVANTAGE OF ALL THE HEREDITARY ADVANTAGES WE HAVE, AND STIFLE ALL THE DISINTEGRATING TENDENCIES OF OUR OWN NATURES --- AND THAT MEANS YOUTH. MY BELOVED, YOU MAY LIVE, OR YOU MAY DIE. YOU MAY GROW YOUNG, OR YOU MAY GROW OLD. IT IS ENTIRELY IN YOUR OWN HANDS. MAKE NO EXCUSES. THERE IS NO EXCUSE OTHER THAN SHEER INDIFFERENCE.

Therefore, be strong in The Law and the power of Its might. I invite you to renew your vows and GROW YOUNG. Seek for every means by which you may attain to your ideals --- and ACT AS YOUTH ACTS. The rest will be easy.

Be happy and YOUNG this week. Peace be unto you.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.



Written in Faith at
Los Angeles, California, U.S.A.

End of the Sixty-Fourth Commentary,
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES



OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

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COMMENTARY

65

COSMIC CONSCIOUSNESS Your Grand Rejuvenation Breath (5)

BREATHING FOR THE WEEK:

Physical breathing is at your own discretion.

(When I say this to you, I am placing upon you the responsibility of choice. You have liberty - do not neglect it or abuse it. By no means should you neglect your PHYSICAL breathing, but, if you are sure that you do not need to breathe physically, sink into the mental breathings --- these are NEVER to be neglected.)

MEDITATION FOR THE WEEK:

Follow the exercise given to you in your Sixty-Fourth Commentary. "The Cave becomes the Moon - the Moon becomes the Cave."

(This exercise will become inexpressibly dear to you as you practise it. It contains a great secret. But the secret can only be revealed AS YOU PRACTISE. Thursday night should be your night for meditational practice ; you should throughout the day anticipate with delight the beauty of the Meditation that you will undertake at night. Faithfulness is the keynote -- full of FAITH, practising faith.)

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

Ever since you have been in Mentalphysics you have never practised FEELING YOURSELF YOUNG and ACTING AS YOUTH ACTS as you have been during the past three weeks. You have been faithful in your practice, - therefore, you now KNOW that you are YOUTH - Y O U T H --- Y - O - U - T - H !!! How happy we are that we shall NEVER grow old. Is it R - E - A - L to you. As you read, do you feel the rush of the force of Youth within you? Sit still and analyze . . .

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(a) Do you FEEL the power of Youth within you, or is it merely a conception of the Intellect? . . . . Do you FEEL every moment that you are young, that Life has taken complete charge of you, that age has ceased to exist for you - or do you feel that you merely know through your intellect that this is so - so that it is merely a dream for you, and not an actuality, a reality.

(b) As you read, can you feel the Force . . . can you feel that you can direct the Force? You move your finger, you move your tongue in your mouth. You feel that you know that you are moving them. Is there the same understanding and knowledge within you when you think of yourself as YOUTH? If not, then you have not yet come fully into the consciousness of Youth.

(a) Meditation is the Secret.

Now, as I write YOU will know what I mean. I do not wish to spend much time in using words. If you do NOT feel that you know Youth, and that you FEEL Youth, and that you ARE Youth, then meditate upon Youth - and again meditate.

And how truly wonderful is Youth! The greatest desire of men is for eternal youth. From Merlin to Voronoff, charlatans and scientists have pursued the same dream and have suffered the same defeat --- but we know that there are many in the world today, who have followed the ART of Living, who have defied death, because they understand what it is ; and who KNOW that they have the power within themselves to live as long as they desire. As I write to you, I feel very near to them. I honor those great men who have prolonged their lives consciously by the KNOWLEDGE they have gained of themselves and the Principles of Life. I can no more imagine my old master in Tibet being subject to disease or any disharmony of the physical body than I can imagine the heavens falling - for he knows that there is no death, and I know that there are no "heavens"(in the sense that I write) to fall. And so it will be with us - when we know the way, and the only way for us to get to know the way is to live the way . . . right practice.

Practising living in The Way develops our spiritual power, and we know that "it is the SPIRIT that quickeneth". Thus we see the vital necessity of always THINKING, THINKING YOUTH . . the majesty of Youth, the power of Youth, the unconquerable hope of Youth, and the eternal conquest of Youth.

(b) The Threefold Excellence.

But you must remember that the most deliberate and earnest aspiration is often defeated by false evaluations. It is essential to have the right valuation of the end in view, and the right valuation of the means to the end in view. There must be constantly held in view the threefold excellence - physical, mental and spiritual.

On the PHYSICAL - Health, Vigor, Functional Efficiency, Perfect Expression . . . and so on, and so on.

On the Mental - Exhaustlessness of Ideas, Concentration to work out the ideas . . . . and so on, and so on.

On the Spiritual - That Peace that passeth knowledge.

THIS SPACE IS FOR YOUR OWN NOTES

YOUTH (Life's true reflection) becomes so infinite a state of excellence when we think of it from its many-sided quality. He who is not really in earnest, whose interest does not extend beyond his own petty life, he who is not ready to make sacrifice for the realization of his aspiration, he who is not prepared to dare to face the "spectres of the Threshold" will not understand . . . but YOU, dear Noble of The Light, have the courage to Face the Sun, and go on at the right time to enter the Center of the Sun.

You and I are the Elect of the Universe. We are the custodians of the Brotherhood of Life, and our sole purpose in life is to make that great Brotherhood the greater for our understanding of its secrets. We have come into an understanding of the greatness of Life Itself. And Greatness entrusts you with its nature. Greatness is for ever looking upward to that which is greater than itself ; but it trusts itself . . . and YOU must trust yourself, resting, so to speak, in the arms of Wisdom, never ceasing to see beyond the clouds the star of your own destiny.

I hope that practice of the secrets which we have undertaken during the time that you have been in Mentalphysics has taught you a certain DIGNITY of Life. Those who strive to the highest attainments or the largest usefulness to mankind need to have - as they automatically develop - a certain dignity of character. He who has no personal dignity is not worthy of greatness.

(c) The Need of Dignity.

Combine, then, with your own realization of Youth, a deep mental understanding of DIGNITY. This week, make this your central thought - the DIGNITY OF RIGHT LIVING. Dignity implies

Probity		Dishonor
Integrity		Slipshodness
Rectitude		Laziness and Laxity
Uprightness	As Against	Unreliability
Honesty		"Slipperiness"
Faith		Fear
Honor		Sneakishness
Trustworthiness		Double dealing
Loyalty		Disloyalty
Scrupulousness		and many other words
Correctness		that will readily come
Chivalry		into your mind as
"His Heart as far from fraud as Heaven from earth"		you read these

As we PRACTISE dignity, we find that we naturally aspire to higher and higher accomplishments. What we Nobles of The Light, the Custodians of the Keys of Life, must constantly and joyfully aspire towards include the expression at all times of the GREATNESS of Life . . .

The greatness of Being - Thou in Me ; the Father doeth the work.
The greatness of Doing - "The Creator within me, expressing through me."
The greatness of Knowing - Wisdom, Virtue, Power. Joy, Love, and so on.

You are advised to take the above three lines and write your own commentary upon them - the three states of Being, Doing and Knowing. Think on these things from the point of view of the GREATNESS of Youth, and you will see that the aspiration towards Greatness will be the surrender of Self . . . the Selfless Life for the benefit of others.

THIS SPACE IS FOR YOUR OWN NOTES

Then, THINK . . . what a world this is to become when all men and women know even the little about Life that we now can truthfully say that we know! How glorious it will be when all men and women see the wisdom of living for others, and triumphing over Self. And, My Beloved, remember that it is not brilliancy, education, high position, wealth or opportunity that makes personal greatness, . . . no, greatness is just "going about doing good". He who seems to himself to be and possess least should feel that the degree in which he falls behind others is the measure of the unrealized possibilities of his own life, and should aspire to a larger and richer life. He who seems to himself to be and possess most should realize that what he is and has makes possible to him the attainment of the very highest things for himself, including the joy and greatness and glory of being an important factor in the progress of mankind.

For when we learn anything whatever that is of benefit to ourselves, we must remember the eternal fiat of God that if we do not USE it, we lose it. Others must share in our bounty. We must Spread the Light.

(d) Ponder This Advice.

Therefore, Noble of The Light, adjust thyself. To attain to Eternal Youth you must adjust your own life activity to Life Itself. Life Itself is ever giving unto all - there is nothing that is missed. So you and I, to prove ourselves worthy of being in the full essentiality of Life Itself, must likewise give unto all. We must give what we have -- more we cannot give. But unless we constantly give, even that which we have shall be taken from us. Therefore, you are Youth - then give of thy youth . . . you are strong - grow stronger by using your strength for others . . . . You are wealthy - give of thy wealth that it may return unto thee, for if it does not return, how poor you must become!

(Extend this line of thought ; analyze yourself to see what you have most of . . . then USE it. But the greatest value of all is KNOWLEDGE. You have gained Knowledge in Mentalphysics -- then never rest until all mankind is in Mentalphysics . . . this is the logic of living.)

So I counsel you to do all that you can for Mentalphysics. You should be bringing in students every month : you cannot do this? Then WHAT are you doing? If you have material substance, are you giving to your Mother Mentalphysics, so that she can Spread the Light for you? Are you tithing and thus regularly sowing the seed, as Life Itself sows its own seed? Review your Commentary Number Four (p. 3 & 4).

As your Teacher, I say to you that if you are NOT doing ALL that you can for Mentalphysics, you are not only proving yourself unworthy of receiving what Mentalphysics has given unto you, but you will not be able to retain it. This is not My Law, nor YOUR Law . . . it is God's Law ; so I exhort you to get busy and maintain your zeal. You Know that you are Life . . You Know that you are Youth -- ponder on the responsibility that is yours. And, My Beloved, BE HAPPY . . . what a glorious heritage is OURS - yours and Mine.

I greet you in Love and Life and Youth and Joy. I give thanks for you. My Peace I give unto you, as you realize yourself in The Presence of Truth.

Sincerely your Teacher, in Fraternal Bonds of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.

End of The Sixty-Fifth Commentary,
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES

OM MANI PADME HUM

The Inner Chamber

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COMMENTARY **66**

COSMIC CONSCIOUSNESS Your Grand Rejuvenation Breath (6)

Retrospective

BREATHING FOR THE WEEK :

Same as in your Sixty-Fifth Commentary.

MEDITATION FOR THE WEEK :

"I THANK THEE, LORD . . I T - H - A - N - K Thee, Lord, FOR THE TRUTH OF OUR BEING."

(Take this Meditation, and analyze it . . . from the point of view of Youth and Life and Love . . . think what you HAVE and what you ARE . . . then REALIZE that ALL is by the Spirit of Life - "By My Spirit." saith The Lord.)

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

As we contemplate what we are learning, let us bow our heads gratefully and reverently. Let us look steadily inward to The FIRE.

This week your Commentary takes the form of a Retrospect - we shall review again what we have learned, and I would advise you to spend much time in the study of your Commentaries to see whether you have actually built into your consciousness greater real knowledge than you formerly possessed, and see definitely whether you have been USING what you think you have learned.

We have come through once again the whole of our Breaths - those sacred Spiritual Breathings which at the start were so heavy and dull, and without much meaning . . . the Memory-Developing, the Revitalizing, the Inspirational, the Perfection, the Vibro-Magnetic, the Cleansing, and the Grand Rejuvenation Breaths. We have also learned others, but these seven Breaths are the Key Breaths to all others. These are really the Seven Steps.. When we reach the Grand Rejuvenation Breath we reach, so to speak, the commencement of the ascension . . we have come

THIS SPACE IS FOR YOUR OWN NOTES

out from the foothills, have noticed that we are climbing slightly, have kept our eyes on the extreme point of the Great Ascent, and, if we have been faithful, can confidently look upward to The Heights.

(a) We Have Started - Let Us Give Thanks!

And now, beloved Noble of The Light, be absolutely honest with yourself and with me. You have been practising what you have been taught in Mentalphysics, and you are sincerely desirous of going further. What you have so far done, though considerable, is nevertheless as nothing to what you will do . . . no matter how much we know, or think we know, it is as nothing to what we will know and to what we will do. But have you been LOYAL? Have you been faithful to yourself and to me as your Teacher? This is for you to answer . . . if you can truthfully declare that you have maintained your practice with all the zeal that you know, then have you truly begun - you are on The Path.

Yes, you and I are on The Path . . . we have started! Let us Give Thanks.

You are truly in earnest - you have kept up your practice - you know that the Search is the Great Experiment of your life, and you are able to humbly bow your head and let the Infinite Wisdom whisper to you that all is well. For you have entered into the Inner Secret . . you have come far enough to understand that all you can ever do must be done in accord and unison with the Divine Principle and ORDER of the Universe. You know that your Grand Rejuvenation Breath teaches, more than any other that you have learned and practised, the ORDER OF NATURE. Steadily climbing the Golden Stairway, ever making for the Golden Light, you have come up to the Summit of the Mountain of Man's Highest Hope.

In another way you may say that you have come from the OUTER to the INNER . . that you have broken down the rock and put it through the crusher, and have succeeded in the "Melting" process, have led yourself to the "Mixing" process. As a result, you have discovered that in the rock there truly does exist the pure Gold of the Spirit. As a willing apprentice you have entered with vigor and gratitude into the work of refining so that no values shall be lost. You have learned the secret of the "backward-flowing" and "upward-flowing" movement. You KNOW what you have learned, for you have evidence of it in better health, a better outlook on life, a happier disposition and more hopeful attitude through knowledge, a deeper sense of gratitude, a knowledge of the Oneness of the Universe, of the Order of the Universe and the Serenity of the Universe, of the Eternality of THAT WHICH IS . . . an indestructible knowledge that "WHATEVER THE CREATOR IS, I AM".

And in the Grand Rejuvenation Breath, we have the breath of the First Reflection (Youth the Reflection of Life). We are reflecting Life in and through YOUTH. Youth is, you can clearly see, can you not, the FIRST Reflection of Life. We may not know in its fullness what Life is, but through practice of right living, we have come to the full perfection of a perfect instrument, and know that it is only through a perfect instrument that PERFECTION OF LIFE can be reflected. YOUTH IS ORDER.

(You may think that this point is labored somewhat, but we MUST get it into our consciousness.)

(b) The Order of the Universe.

The first essential in perfection that we see anywhere in the Universe is ORDER. We stand in reverence before this Order - the Wisdom, the Unchangeableness, the Fixed Purpose of the Universe, and so we are led to an understanding of Order. As soon as we disturb the Order of Nature we bring Discord, and discord means Death

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. . the reverse of that Life which is Youth. Let us contemplate the Order of Life - your life, my life, the life of Nature, the life of God, which we are in human form.

The Order of Life is threefold - we have learned this long ago in Mentalphysics:

(a) THE ORDER OF EXISTENCE - matter (gross and subtle), all of which may broadly be termed "existence", which is static.

(b) THE ORDER OF MOTION (or ENERGY) - which is dynamic, pranic ; this is resident within all existence.

(c) THE ORDER OF THOUGHT - which is Spirit.

Think of these three in relation to yourself (your body, your mind, all that you can think of as yourself), and you can see that you can then go further afield and find that what applies to you applies to every living thing, though with sufficient differentiation to account for the fact that, whereas you are a man other things are trees and flowers and all things in the three related kingdoms. We have seen that all matter constantly tends to higher and higher forms; it is its chemical, magnetic, radio-active nature to do so. Therefore, in the order of generation, the simple bodies, produced out of the undifferentiated matter that arose primordially from the first substance, generated the compound, the compound the vegetative, the vegetative the animal. (You have this in your Twenty-Second Commentary.)

(c) From the Higher Upward Still.

Take the earth on which we live. In the center of the earth the simple bodies exist. As we go outside we find that the simple bodies have developed vegetative organisms. And then we find, apparently on the outer rim of the earth, the animal organisms. Now, wherever we look we find that matter is always, through what one may call its chemical power, endeavoring to express itself in higher and higher forms. We see that, as matter tends upwards, the more complex an inanimate body becomes, the more it tends upwards and is absorbed by vegetative life. . . . And so with vegetative life - it, too, is ever striving upwards towards the animal life . . . . and the higher the animal life, the more the action of Nature is to express itself, - outwards from self, upwards from the lower type of intelligence to the higher, from the animal man to the spiritual man --- AND THE MORE SPIRITUAL THE MAN THE MORE HE ASPIRES TO THAT SOMETHING WHICH IS ALTOGETHER BEYOND NATURE.

And the more we grow in Truth and Wisdom, the more do we realize that there are Intelligences as far above us as we are above the lowest form of animal life that ministers to us and aspires to become what we have become.

So we see that in our Grand Rejuvenation Breath we come to the very highest expression of which we are capable. While Man is the highest of the animals, he is at the same time the lowest of spiritual existences. Yet through his Will to understand and his INHERENT DESIRE to forge ahead and to become more and more refined through the Fire that brings the Light, man comes to know that he IS THOUGHT. Now, the higher any compound, the more complicated it is, so man is the most complicated instrument in the Universe, possessed of and having innumerable and remarkable faculties ---- ALL WORKED BY HIS THOUGHT. We know about many of these faculties, but over and above all the faculties that all animal life has, MAN, the crowning instrument of creation, has the spiritual faculties of Intuition and Reason and Will - HE IS THE CHOOSER, through his Thought.

And as this Commentary draws to a close, I ask you, My Beloved, to rest and use your thought (to think) of all that you are. You are the PRINCIPLES OF UNITY

THIS SPACE IS FOR YOUR OWN NOTES

which arise out of the PRINCIPLES OF ORDER. Your actions - interior action and exterior action - are embodied in the essence of the Universal Order. Your life and my life embraces the whole mechanism of the outpouring of the perfection of Being . . . the Being of God, the Being of Life Itself.

Let us Give thanks.

(d) You Are the Conqueror.

We can now say that we are YOUNG - that we are Life - that we are the ENDURING, UNCHANGEABLE, ETERNAL ESSENCE OF LIFE. We see ourselves as the very Truth of the Reflection of the REAL, and as we allow it to shine through us, so shall we endure and stand fast.

No one who is not in contact with people, and who is consulted by them as to their own problems, knows the terrible heart hunger of humanity. The utter emptiness of the average life. The vacuity of the eternal seeking for something substantial. Now, do not be deceived . . GOD is not mocked. Though you may not be FULLY convinced, I assure you that you have in Mentalphysics THE WAY; if you do not REALIZE LIFE in its fullness through the teaching in Mentalphysics I feel that you will not reach it in this incarnation. I strongly counsel, I exhort you with all the fervor of my spirit, to renew your zeal and to make it all REAL.

As never before, FEEL that this is true.

"I AM YOUTH - GLORIOUS IMMORTAL YOUTH - UNCHANGING YOUTH . . . POSSESSING AND USING ALL THE ATTRIBUTES OF THE MAJESTY OF YOUTH . . . THE DAYS I HAVE LIVED ARE NOT THE MEASURE OF MY 'AGE' - THERE IS NO AGE FOR ME.

"I AM THE CONQUEROR OF ALL AFFAIRS IN MY LIFE.

"I KNOW THAT THE CREATOR AND I ARE ONE AND THE SAME THING . . I REST IN THE LIGHT OF THE CREATIVE INTELLIGENCE IN ALL THAT I AM AND DO AND SAY AND THINK AND FEEL.

"I GIVE THANKS . . . I GIVE THANKS . . . I GIVE THANKS."

So, My Beloved, as we conclude the review of the Grand Rejuvenation Breath, make up your mind that KNOWLEDGE - knowing how - is the only power that you have. Knowledge is the measure of your life. Then, grow in Knowledge. Increase your knowledge by living what you know - no matter what others say or think --- YOU be the MASTER, as you truly ARE the Master!

Feel that every moment of the day, in all that you are doing, you are in touch with me as your Teacher and the Institute as the radiating center of the Wisdom that is coming to you through your Commentaries. Feel that you are an integral part of a growing army of conscious custodians of the Wisdom of Life. Be happy and GIVE THANKS.

I am Happy - I send you my joy. I am LIFE - I send you my Life.
I am Peace - my peace is yours, for I send it constantly to you.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.

End of The Sixty-Sixth Commentary,
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES



OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

THIS LESSON IS FOR YOU - IT IS NOT TO BE TOUCHED, IF POSSIBLE, BY ANY OTHER HAND . . . IT IS NOT TO BE SEEN BY ANY OTHER EYE.

COMMENTARY

67

THE GRAND REVIEW (1) Retrospect

STUDY THIS WELL

THROUGH KNOWLEDGE OF THE LAW GOVERNING SOLAR FORCE MAN SHALL GAIN POWER TO AWAKEN THOSE GANGLIA CORRESPONDING TO THE PLANETS, AND THEREBY CONTROLLING THE PLANETARY FORCES MANIFESTING IN HIM, SHALL UNFOLD THE IMMORTALITY OF HIS OWN BEING AND BECOME THE MASTER OF HIS DESTINY.

IT IS SAID THAT A WISE MAN RULES OVER THE STARS. BUT THIS DOES NOT MEAN THAT HE RULES OVER THE STARS IN THE SKY, BUT OVER THE POWERS THAT ARE ACTIVE IN HIS OWN MENTAL CONSTITUTION . . . FOR MAN IS HIMSELF THE SUN, MOON AND STARS.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

As I sit down to write this Commentary, there sweep over me great waves of peace and hope and gratitude. Together we have gone far in the study of life. Doubtless we have not been as earnest as we might have been, or should have been ; but the beautiful truth is that we have remained together . . and today we stand radiant and full of hope.

Yes, we are on the Path . . and we are on The Path together. You have learned much. You have come into a gradually perfected perspective of Life. You have begun to learn what is true value, what is of less value, and what is of no value. You have ordered your life somewhat, and through the creation (by right thinking) of right habits, you have come to feel that you are beginning to be a master of life conditions and a master of yourself.

Now, I ask you in this Commentary to REALLY THINK. Don't merely take these sheets and read. Give yourself time. Examine yourself. Try to feel what you used to be - and make comparison with what you are today. I say that you have found out what is of true value in life. You have found that material prosperity is not the ONLY thing that we have to live for. It is true that everyone is interested in things that create wealth and comfort - but we in Mentalphysics know that too much attention is given to matters of that kind, and we have learned that if we give less attention to the material side of life, recognising that we are spiritual beings, the development of the spiritual side of our life controls the material. Man is becoming less an unknown quantity to us, and as we progress in knowledge of the TRUE values of life, we are astounded why men are so slow to learn the real truth about themselves.

THIS SPACE IS FOR YOUR OWN NOTES

Man's ignorance of himself is of a peculiar nature. It does not arise from difficulty in procuring the necessary information because of its inaccuracy, or its scarcity. As a matter of fact, it is due to the extreme abundance and confusion of the data accumulated about man, and the lack of method of learning the truth.

You and I should give thanks that we are truly on our way, and that we are learning.

(a) The Right Way and the Wrong Way.

Much as we admire man's practical conquest over the material universe, we are now possessors of the knowledge that little advantage is to be gained by increasing the number of mechanical inventions. YOU ARE A SPIRITUAL BEING, and ALL THE VALUES OF LIFE ARE SPIRITUAL, for that is the ETERNAL value. Perhaps you will be interested in what the author of "Man, the Unknown" has to say in this regard, and I quote a paragraph which struck me as being essentially sound. He says :

> "It would perhaps be as well not to accord so much importance to discoveries of physics, astronomy and chemistry. In truth, pure science never directly brings us any harm. But when its fascinating beauty dominates our mind and enslaves our thoughts in the realm of inanimate matter, it becomes dangerous. MAN MUST NOW TURN HIS ATTENTION TO HIMSELF, and to the cause of his moral and intellectual disability.
>
> "What is the good of increasing the comfort, the luxury, the beauty, the size, and the complications of our civilization, if our weakness prevents us from guiding it to our best advantage? It is really not worth while to go on elaborating a way of living that is bringing about the demoralization and the disappearance of the noblest elements of the great races. It would be far better to pay more attention to ourselves than to construct faster steamers, more comfortable automobiles, cheaper radios or telescopes for examining the structure of remote nebulae.
>
> "What real progress will be accomplished when aircraft take us to Europe or to China in a few hours? Is it necessary to increase production unceasingly, so that men may consume larger and larger quantities of useless things? There is not the shadow of a doubt that mechanical, physical, and chemical sciences are incapable of giving us intelligence, moral discipline, health, nervous equilibrium, security and peace.
>
> "Our curiosity must turn aside from its present path, and take another direction. It must leave the physical and physiological in order to follow the mental and the spiritual." - "Man, the Unknown" - Alex. Carrel.

(b) A New World Ahead.

Now that we have come straight through to the Grand Rejuvenation Breath, we must be SURE of what we have learned . . we have eternity in which to do it, so there is no need for hurry. See the humor in this remark, passed by a person to whom I was conversing recently : "Ding Le Mei," - and then with great emphasis - "I am sixty-two. Don't you see how important it is for me to learn all this as fast as I can, before it is too late?" Yes, I do see ; but we Nobles of The Light know that WE ARE THAT . we know that IT IS DONE - and all that we have to do, realizing that there is no old age, is to rest in It. How grateful we should be that we KNOW.

But when you have climbed to a new level of vision on a mountain side it is wise to spend some time in contemplation not only of what one has learned and meditated upon, but what is now disclosed to the view in new vistas and horizons. During the next few weeks we are to study individual reviews of our own Commentaries - these are to be condensed interpretations of what we have learned, and the hope of my heart is that you will pick up many jewels as you pass slowly and meditatively further along The Path. This interpellation is instituted not only as a review of the facts that have been revealed to your mind, but as a vision of what is disclosed to the Single

THIS SPACE IS FOR YOUR OWN NOTES

Eye in spiritual grandeur. Keats speaks of the elation of Balboa, looking for the first time on the Pacific Ocean from a peak on Darien, as that of an astronomer "when a new planet swings into his ken".

IT IS THUS THAT WE SHOULD FEEL, WE NOBLES OF THE LIGHT - A new world awaits us.

You have been prepared - you have received - you have meditated, and now the time has come for CONTEMPLATION and EXAMINATION. Do not dwell too much upon the past, do not dream of the future too greatly, . . CONCENTRATE THE MIND ON THE PRESENT MOMENT. It is a worthy task to do the present duty well and to complete it; you should not seek to avoid it, you should not postpone it lightly. Your present duty is to analyze and review.

(c) In Humble Introspection.

Let us look back a little to our progress. As we contemplate what has been revealed to us we shall find that, starting with our very first lesson, we have been gradually led onward to the highest conception of Life Itself.

For what is it that we now look out upon? Truly a new planet swinging into our ken! Whereas before there were darkness, mystery, confusion, disorder, uncertainty, bewilderment - now there are LIGHT, TRUTH, ORDER, CERTAINTY, ASSURANCE . . ETERNAL LIFE. The vistas before us spread out as the Light in us increases . . the horizon deepens in the purer air at the level of the heights we have reached. And yet we have more to see, more to know, more to ponder over as we, on the one side, look backward, and on the other, look forward in contemplation upon the limitless beauty of living that awaits us in our greater knowledge. Then our command is "Onward, Onward!" But as our resolutions are reinforced, we must be SURE that we KNOW what we have learned, and that is the reason why, during the next few weeks, we shall review in some detail what we have learned in our Commentaries.

WE Nobles of The Light have discovered what Mentalphysics IS to us, and what it can be made to become. We know that it is the FINALITY of learning, and that, through Mentalphysics, we may lead ourselves to the pinnacle of our hopes, to the summit of what we are evolutionarily capable of receiving. We feel as Lao-tze, the great Chinese philosopher, felt when he spoke of the TAO.

> "If Tao could be offered to men," he wrote, "there is no one who would not wish to offer it to his prince. If it could be presented to men, there is no one who would not wish to present it to his parents ; if it could be announced to men, there is no one who would not wish to announce it to his brethren ; if it could be transmitted to men, there is no one who would not wish to transmit it to his children. Why then are you not able to acquire it? This is the reason : it is that you are incapable of giving it an asylum in the bottom of your heart."

We have been faithfully endeavoring to "give it an asylum at the bottom of our hearts", . . and we will not fail.

As we look about us - above, below, far outward and to the utmost limit of our environment - how earnest, how deep, how fruitful were the injunctions laid upon us to take hold with force of what we were learning, with all our might, physically, mentally and spiritually. We may have taken much of it lightly, . . relying, perhaps, upon our native adaptability to seize new ideas and forgetting how quickly that which is absorbed for the moment disappears even from the memory.

What must be our strongly-willed determination now as we enter into Contemplation? This :

> That I will devote myself to a re-study of every Lesson I have so far received, with that intense analysis which the scientist applies to every particle revealed to him in microscopic research.

THIS SPACE IS FOR YOUR OWN NOTES

I have no time? What does Time mean to one who stands on this height contemplating the glories into which our vision, our mind and our heart unite in solemn understanding of what we now KNOW WE TRULY ARE, and what we may grow to become if we truly desire. Time, like Death, is a human concept. We know that it is an invention of man to measure the distance between events. For US, Time exists no longer. We are already in Eternity. WE understand what John (in "Revelation") meant when he said : "And there shall be no more time." We can sympathize with Queen Elizabeth of England as she gasped out in her dying moments : "My Kingdom for one more hour of time." We all have all the time that there is - what matters is what we DO with our time - - - - - - - - - WHAT OF YOUR ZEAL TO DO?

The midnight lamp is the symbol of successful study - NOW is the time for us to work, so that we shall shape our whole destiny according to the LAW of LIFE ITSELF. Balboa toiled across the Atlantic, through the Caribbean, over the poisonous marshes of Panama to get a sight of the Pacific, and the poet pictures his joy and elation when the great ocean rolled out before his vision - but he gained it through struggling to gain it. Nothing is gained without toil. So YOU must work and study and find out for yourself, through the medium of your Commentaries. As pointed out to you previously, these Commentaries will be of little or no value to you unless you practise. I have been trying to evolve your mind (knowledge) through FEELING, but I cannot evolve or feel for you.

If you go through a Lesson without mastering thoroughly what has gone before, you will understand nothing. I want to warn you, also, not to be in a rush or exert yourself to any strain, for you will get tired, nervous and discouraged. What you must recognize is that you cannot go any faster than you are evolutionarily able to go. If you do not understand anything after due meditation, do not exhaust yourself, for you are not evolved enough to be able to understand. When, a week or a month later, you study that again, you will understand better.

(d) Preparing for Triumph.

I shall not consider it necessary to repeat this warning in each Commentary. From now on, you are your own Teacher, your Own healer, your own Priest, your own Monarch of the Universe. I am your Guide : I lead, but you yourself must tread the Path.

Do you remember this :

"I AM NOW PREPARING MYSELF FOR MY DAY OF TRIUMPH.
I AM NOW GROWING IN THAT KNOWLEDGE WHICH IS NEEDFUL FOR THE FULLNESS OF HAPPINESS AND USEFULNESS IN MY OWN TIME, PLACE AND STATE.
I AM NOW BEING SHOWN THE WAY, AND THE DOORS OF MY MIND ARE NOW OPEN THAT I MAY SEE THE WAY."

Prepare yourself this week for a great time that lies ahead . . I am KNOWLEDGE, KNOWLEDGE, KNOWLEDGE! The next few weeks will be most happy for you. We ARE Happy, and WE GIVE THANKS. Until next week, then, . my Peace I send to you.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.



Written in Faith at
Los Angeles, California, U.S.A.

End of The Sixty-Seventh Commentary,
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES



OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

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COMMENTARY
68

THE GRAND REVIEW ((2)) Retrospect
Commentaries one to three inclusive

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

"A SAGE MIGHT GOVERN THE WORLD WITHOUT TROUBLE (wrote a wise Chinese philosopher), FOR HE KNOWS HOW TO BE MODERATE ; NOT CLEVER, HUMBLE ; NOT LEARNED ; AND STILL, NOT ACTIVE."

Then he went on to show that he meant that "governing the world" is to "govern oneself" . . . "he who regards his greatest fullness as emptiness may employ himself without exhaustion . . his greatest skill is as stupidity . . . his greatest eloquence is as stammering . . . activity conquers cold - quietness conquers heat - but there is a purity and quietude by which one may rule the whole world."

As you are about to review what you have already learned in your Commentaries, building into your being the truth of your existence so that your life shall become more and more abundant, I counsel you to moderation, humility, stillness. The present (68th) Commentary reviews Commentaries One to Three inclusive.

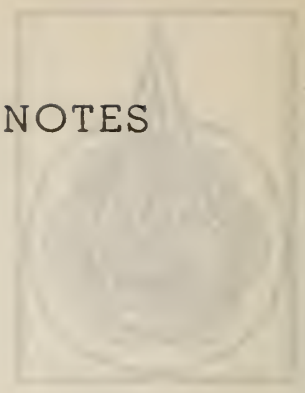
First - EXAMINE YOURSELF TO SEE WHETHER YOU HAVE BECOME MASTER OF CALMNESS, BALANCE and QUIETUDE.

Second -Sit for a short meditation, DECLARING THAT AS YOU SET OUT ON ANOTHER PHASE OF YOUR STUDY IN MENTALPHYSICS YOU WILL BE FAITHFUL . . . GIVE THANKS AS YOU HAVE NEVER DONE BEFORE FOR WHAT YOU HAVE ALREADY LEARNED, and if you are prompted to make a material love-offering to The Institute's work act on the impulse.

(a) How to Study.

When Commentary Number Sixty-seven comes to your hands, commence another binder, keeping this and subsequent Commentaries separate from those that have gone before.

THIS SPACE IS FOR YOUR OWN NOTES



1 - TURN BACK TO PAGE TWO, COMMENTARY NO. ONE. STUDY THE SEVEN POINTS --

i - To be perfect, your life must be orderly. (See where your life is not orderly. Analyze your life from an exterior angle, and make notes as to what improvement you would desire to see. Then analyze your life from an interior angle.)
ii - Life is Nature's full expression.
iii - Habit creates Memory. (You and Nature work by Law, the Law of Habit.)
iv - Memory built up by good habits.
v - The purity of a thing is its perfection.
vi - Light is Life.
vii - Life is expressed through foods - solid foods, liquid foods, rest as a food, breath as a food, thought as a food. . . and the greatest of all is Thought.

2 - Take each of these points into your Meditation ; if you care to do so, write short essays on each of them, and see whether you have truly come into full understanding of them so that you can say you LIVE them, and that your life is ordered by them.

3 - You will have noted that LIGHT (life) has several meanings.

In the PHYSICAL . . . . The Sun, the Moon, the Stars ; the light of the cells of our body.

In the INTELLECTUAL . . Clearer thought ; fuller comprehension.

In the SPIRITUAL . . . Peace, harmony, happiness. The spiritual light radiates through the physical body and forms the "aura" that can easily be seen by the intuitive ; the "aura" is the emanation of the Life, Thought and Emotions.

4 - Turning to page two of your Second Commentary, read again (A) Exercise for reading the "aura". Now, I hope that you have practised this, for when once you FEEL the force from another person you will doubtless have revealed to you very much of "Something" that will cause you to automatically respond to It. Study the instructions for this Reading of the Aura, and then practise, practise, practise.

I daresay that you may feel some diffidence in approaching another, but you will probably be able to interest someone in your own family. Of course, you should choose someone who is sympathetic, for without sympathy on the part of the "patient" you would have such a cloudy aura that you would not be able to feel very much.

5 - I condense for your study paragraphs on page three of your Second Commentary :

(i) IN YOUR PROGRESS TOWARDS THE LIGHT, REMEMBER THAT CONSTANT ASPIRATION TO KNOW THE UNIVERSAL LAW LIBERATES THE LIVING FORCE, UNDER THE DIRECTION OF THE CREATOR WITHIN YOU. THIS FORCE ACTS IN THE NERVE CENTERS, PRODUCING SUPER-PHYSICAL STATES OF CONSCIOUSNESS.

Therefore, be zealous and earnest always!

(ii) BACK OF EXPRESSION IS ALWAYS THE BEING THAT PRODUCES THE EXPRESSION IN ALL KNOWN SUBSTANCES, In IDEAS, ASPIRATIONS AND THE EMOTIONS.

THIS SPACE IS FOR YOUR OWN NOTES

The whole universe is the expression of its being. EVERYTHING WE FIND IN THE MACROCOSM EXISTS IN THE MICROCOSM.

Therefore, watch both!

6 - TURN TO PAGE TWO OF YOUR THIRD COMMENTARY --

Right Breathing . . . . (a) ORDERS the Physical Body
(b) Makes the mind happier and more inspired and hopeful
(c) Establishes Peace in the Spirit.

The great majority of human beings are not conscious of the great power of the PRINCIPLE OF LIFE within them. Man DOES NOT KNOW that he is the Creator of all his Good and of all his "Bad". When we, through feeling, KNOW it, LIFE IS A TRIUMPH OVER PRINCIPLE.

Memory is a faculty of the Subconscious Mind. Millions of our ancestors have filled it with wrong thoughts and emotions. We cleanse it through Breathings and Meditation. BREATH IS THE FOUNDATION OF COSMIC LIFE ; MEDITATION IS THE FOUNDATION OF COSMIC MIND. Cosmic Mind was never deductive mind, for it never had particulars to study and deduce from them universal Laws.

UNIVERSALS ARE THE LAW ; therefore, they are the whole and the reality of life ; they are the ideas, ideation, imagination, for they affect and create in the Subconscious Mind until it becomes the Superconscious Mind. And all these laws and forces are ONE LAW, ONE FORCE, THE ONE, the ABSOLUTE. And so we see that

(a) SUBSTANCE . . . . is ideally One --- but really multiple.
(b) FORCE . . . . . is ideally One --- but emanates from many substances.
(c) FORM . . . . . is ideally One --- but is a modification of substances.
(d) LIFE . . . . . is ideally One --- but is expressed in forms and substances.
(e) SPIRIT . . . . . is ideally One --- but is expressed in finite beings as separate individual spirits.

Therefore, to cleanse your Memory, practise, as indicated, the Memory-developing Breath daily ; Go into the Meditation appearing below and practise the following exercises:

(a) Each morning, after Breathing, sit opposite a mirror and say aloud to yourself : "John (use your own name) - Today you do not utter a single word of negation. You divide this day into short periods, living consciously each moment without negation, and each moment expressing JOY. Give thanks. You are the Silent Watcher over yourself throughout the day."

(b) Once or twice a day EXALT THE FIRE OF LIFE ; analyze your physical feelings, feeling Light, Vigor, Courage, Faith. . . . Take THE LIGHT : See it at the top of your head ; bring it to the base of the brain, between the shoulder blades, down to the small of the back, down to the base of the spine. Rest. Hold it between the buttocks and feel it flooding your glorious reproductive system, feeling the Fire. Bring it upward -- imagine that you feel heat around the navel, and in a "V" shape imagine that you feel and see it coming from the vital organs to the nipples, where it becomes narrower and narrower, until the two sides meet at the thyroid, forming an inverted "V". Draw it up further, flooding your beautiful face with Light, ending finally at the top of the head. THEN REST.

THIS SPACE IS FOR YOUR OWN NOTES

Then imagine that with your breath you are "fanning the Flame", so that you see the pure gold of the Light going OUTWARD . . . AND YOU KNOW THAT "MY WHOLE BODY" IS FULL OF LIGHT.

MEDITATION FOR THE WEEK :

"I AM ESSENTIAL SUBSTANCE. . . I TAKE REFUGE IN THE ORDER OF SUBSTANCE."
(I lack no good thing. ALL is mine, for I draw my substance from the Lord of All Substance - Substance is order, and abundance, and beauty, and Substance is LOVE.)

"I AM ESSENTIAL FORCE . . I TAKE REFUGE IN THE ORDER OF FORCE."
(I am Energy. . . My Energy is ever flowing from the Ocean of Energy of Life. Energy is LOVE)

"I AM ESSENTIAL SPIRIT . . I TAKE REFUGE IN THE ORDER AND SILENCE OF SPIRIT."
(I feel the Silence and the Order of Silence within me. I am essentially a part of the Universal Spirit which causes me to express Life.

"I AM LIFE . . ETERNAL, NEVER-ENDING, EVERLASTING . . I AM LIFE."
(My Life is never-ending. I am eternally linked with Universal Life. I am Immortal, Indestructible, Exhaustless, Self-manifesting . . . I am Immortal, in immortality now. I am Life eternal. I am eternal Life)

In the above sublime Meditation you should be able to feel yourself floating, so to speak, into the Eternal Light. You should come out of your Meditation with a feeling of bliss, and you are counseled to hold this vibration with you every moment of the day.

Be faithful in your review of Commentaries Number One, Two and Three.

Give Thanks - Be Happy - KNOW THAT YOU ARE THE CREATOR IN HUMAN FORM AND WALK HUMBLY BEFORE GOD.

My Peace I send unto you.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.



Written in Faith at
Los Angeles, California, U.S.A.

End of The Sixty-Eighth Commentary,
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES

OM MANI PADME HUM

The Inner Chamber
of the Science of Mentalphysics

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COMMENTARY
69

THE GRAND REVIEW (3) Retrospect

YOUR BREATHINGS FOR THE WEEK:

1. Morning - Silent Breathing of the Memory-developing Breath, directing the force that you feel to every part of the Physical body, so that when you come out of the Breath you feel a glow in every cell, transforming your Body into perfection of health and vigor.

2. Evening - Silent Breathing of the Memory-developing Breath, feeling your life force being directed to the Spiritual body, so that you feel your Mind to be so full of LIGHT that it is impossible for you to feel or do or think or say anything that is negative - "the Light of Divine Wisdom is bathing me, and I know that it is so."

MEDITATION FOR THE WEEK:

During the first three days -

"I AM ESTABLISHED IN ORDER - INTERIOR ORDER, EXTERIOR ORDER
"THE POWER OF MENTALPHYSICS IS SPREADING THROUGHOUT THE WORLD."

During the last four days -

"I AM ESTABLISHED IN LIGHT. I AM THE INTERPRETER OF THE WISDOM OF THE UNIVERSE. I AM THE CUSTODIAN OF THE SUPPLY OF THE UNIVERSE."

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

Give yourself much to silence during this week - meditate upon the construction of the Universe - Substance, Energy, Wisdom. There is interior order ; therefore, there must be exterior order. If you consciously recognize and realize the exterior order, perforce your interior world (your consciousness) becomes orderly. I wish you to turn back to the commencement of your Fifth Commentary, reading

THIS SPACE IS FOR YOUR OWN NOTES

thoughtfully page one and the first four lines of page two. Let it sink in.

Do you FULLY see that the Universal Mind KNOWS ALL THINGS through the One Idea, which IS ITSELF. Through meditation, you will approach and come to that same Unity of Knowledge. When we understand the essence of the Divine (Universal) Mind, we see all that exists and can exist . . . we lose ourselves in it, as in a sea. We grow in consciousness of it all. As matter tends constantly to higher and higher forms, so THOUGHT tends to higher and higher EXPRESSION, for Man deductively ascends from things to ideas.

THEREFORE, THE MORE UNIVERSAL OUR IDEAS BECOME, THE NEARER WE APPROACH THE ESSENCE OF THE GOD-THOUGHT.

THINGS EXIST BECAUSE GOD KNOWS THEM . . . MAN KNOWS THEM BECAUSE THEY EXIST.

(a) Cosmic Order.

If you will now turn to your Fifth Commentary (page 2), you will read this :

"The Greek word, Kosmos, means ORDER, ornament, and hence the Universe is an orderly and beautiful system of harmony. . . The Cosmos, then, is the sum totality of all existing things united in harmony. . . . . The Cosmos contains within itself seven kingdoms - hence the sevenfold principle within the sevenfold Universe."

1 - There then follows a description of the seven kingdoms - the Ethereal, the Sidereal, the Mineral, the Vegetable, the Animal, the Human, the Spiritual. After this there are given the names and the qualities of the Five Tattvas. You should re-read this, and above all, I would meditate upon the supreme ORDER of the Universe. We know that the Universe has really but One Substance, and that is LOVE. There are the seven "divisions" of the Cosmos ; at the basis of it all is BREATH - The HOLY BREATH OF LIFE.

2 - You should then re-read and THINK upon the paragraph on page 3 "(b) The Tattvas and Their Effect" the subtle ethers from which the Cosmos comes. In their delicate influence upon all living things, they CAUSE LIFE TO BE. The Tattvas are :

(i)	AKASHA	..... The sound vibration ; directs the	HEARING
(ii)	VAYU	..... The Tangiferous vibration (the air) directs.	TOUCH
(iii)	TEJAS	..... The Luminiferous ether (the fire) directs...	SIGHT
(iv)	APAS	..... Possesses the property of contraction (the water) ; directs	TASTE
(v)	PRITHIVI	... The odoriferous ether (the earth) directs...	SMELL

Each Tattva has positive and negative phases. They maintain perfect rhythm when not interfered with. BUT WE ARE TO LEARN THAT OUR THOUGHTS AND EMOTIONS, FEELINGS AND ACTIONS AFFECT THEM, CREATING ALL KINDS OF DISBALANCES, THAT CAUSE DISEASE AND DISHARMONY. We thus see that the Tattvas are subject to influence from within and without.

BUT THE POINT I AM EMPHASIZING IS THAT THE TATTVAS SUPPLY THE POSITIVE AND NEGATIVE FORCES THAT GIVE LIFE. Think long on this, and many wonderful ideas regarding the supreme Order of the Cosmos will come to your mind.

NOTE: I ask you to consider what you have learned in your Commentaries about "Tao" - the unnameable. The word TAO has an inner-world significance and means "the right way". On the one hand, the way of Heaven, on the other, the way of man. It is the undivided "One". Out of Tao there develop the principles of reality, the one pole being LIGHT and the other Darkness.

THIS SPACE IS FOR YOUR OWN NOTES

In the Chinese Light is "YANG", and Darkness is "YIN". Yin is shadow, therefore the north side of a mountain and the south side of a river (because during the day the position of the sun makes the river appear dark from the south). Yang is the south side of a mountain and the north side of a river. Among European investigators, some have turned first to sexual references for an explanation of these two Chinese characters (words), but the characters refer to phenomena in nature. Yin and Yang are only active in the realm of phenomena, Yang the active principle, Yin the passive principle.

There are many references of this kind in ancient philosophy that confirm the one Truth of Life. And all ancient philosophy also proves that the Essence of Life is LOVE.

(b) The Great Law of Love.

As you read again "(c) The Effect of the Tattvas" (pages 3-4, Commentary Five) you will go very deeply in your thought into this transcending ORDER of Life, and, as I remark in that Commentary, you will remember that in considering the Cosmos you are considering YOURSELF, the Microcosm. I emphasize "We see that Prana, or Solar Force, or the Life-Giving Principle interpenetrates all matter. Perpetually playing upon it, it causes different rates of vibration in the different densities. The more subtle the matter OF YOU, the less resistance is there to this Force, and the higher is the vibration and the resultant consciousness."

How strange it would seem to the uninitiated mind to be told that EVERYTHING in the Universe is LOVE! Probably to us, who are Nobles of The Light, it is not yet fully understood --- but it is the Truth.

Thought is Love.
Energy is Love.
Substance is Love.
ALL is Love.

Love has its ONE LAW. That Law is to Give and to Receive. But we cannot receive before we give - we must give first.

Earth (the Womb) needs the seed for the harvest. (Think of this simple statement, and many profound ideas will come to you. You, your body, would not be, had it not been for the seed from which it grew. Think of the whole of Nature from the point of view of seed-sowing.)

Thus we see that we must try to give as much as we receive - and more, for only thus can we grow capable of receiving more and more abundantly. Do you clearly SEE the logic of this? We CANNOT RECEIVE unless and until we have first GIVEN.

Then, we must try to give, as far as we can, in the same substance in which we receive. Certainly we must always give in the highest substance at our command. IF WE RECEIVE IN SPIRITUAL SUBSTANCE, WE MUST TRY TO REPAY IN SPIRITUAL SUBSTANCE, BUT WE ARE OBVIOUSLY UNABLE TO REPAY IN SPIRITUAL SUBSTANCE TO THOSE FROM WHOM WE RECEIVE. What can you give to your PARENTS for the life they gave to you? What can I give to my Master in Tibet for that entirely invaluable spiritual knowledge that he gave to me? What can we give to God for all that we receive from LIFE?

HE WHO RECEIVES SPIRITUAL VALUES AND FAILS TO MAKE ADEQUATE RETURN MERELY DEGRADES HIMSELF . . . THE LAW IS THAT WE MAKE EQUAL RETURN - IF NOT IN THE SAME SUBSTANCE, THEN IN THE NEXT LOWEST SUBSTANCE POSSIBLE TO US.

We must never accept anything whatsoever without making ideal return. Some people think that they make return enough merely by saying, "I thank you" or "God bless you",

THIS SPACE IS FOR YOUR OWN NOTES

without even meaning what the words say. Return cannot be made with empty words or with empty thought that empty words express. THOUGHT THAT DOES NOT LEAD TO ACTION IS ABORTIVE AND FUTILE.

(c) The Mystic Fourfold Law.

By the Mystic Fourfold Law we receive AS we give. If we give love, we receive love. . . if we give money, we receive money . . . if we give strife, we receive strife, and the less we give the tenser we are when we give, the less we receive.

WHOEVER WITHDRAWS HIS HAND AFTER RECEIVING, PUTS HIMSELF INTO A STATE OF SPIRITUAL PAUPERIZATION, INTO A POVERTY CONSCIOUSNESS, WHICH IN TURN MEANS MATERIAL PAUPERIZATION. Some people - indeed most people - refuse unknowingly to leaven the whole lump with what they can, thinking that they can cheat the fundamental Law of Love, the greatest of all . . . and they only harvest poverty in its different forms. This is the cause of so much poverty and lack in the whole world. It is a deep secret, and we Nobles of The Light should consider it most carefully so that we may live by and in The Law.

We cannot ever get something for nothing, though it sometimes appears to be possible. When we think that we can benefit at the expense of another, we are merely deluding ourselves.

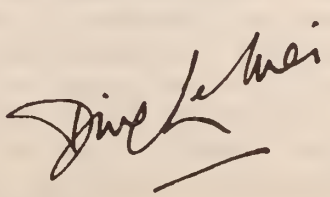
When we receive spiritual values, and cannot return value for value (that is, in spiritual values), we must give what we can in material substance - and give in relaxation, in Joy, with the soul, giving ourselves with the material substance that we give, lest our gift be vain and seedless.

When once we come into this beautiful realization of the Law of God's World, we have gone far. Then we USE and USE and USE all the time that we have, and as we use it it multiplies for the purpose that we use it for - good for good, evil for evil. It is a law that has to be practised to be known. Just imagine what this earth will be like when every man and woman rightly uses for the benefit of others -- and consequently of himself and herself -- all that they have . . . IT WILL BE HEAVEN ON EARTH IN VERY TRUTH.

Think, then, this week on this great Law of Love and how it gives of itself to sustain and increase itself. Much joy will come into your mind as you think upon it. In our next Commentary we will go into the inescapeable Law one step further. Be happy this week . . . do not vainly wish that you had what you have not, but set about USING rightly what you have. All is well. You are a divine interpreter of the wisdom of the Universe and a divine custodian of the substance of the Universe.

My Peace I send to you. Nomaste.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.



Written in Faith at
Los Angeles, California, U.S.A.

End of The Sixty-Ninth Commentary,
Inner Chamber.

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OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

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COMMENTARY

70

THE GRAND REVIEW (4) Retrospect

YOUR BREATHINGS FOR THE WEEK:

1. Morning - Same as last week. If you do not succeed in almost instantaneously feeling the glow, then breathe a little physically, not silently, so that you can imagine the sensation of the breathing that you feel in the nostrils as being all over the body.

2. Evening - Same as last week.

MEDITATION FOR THE WEEK :

Same as last week, dividing the week into the two periods indicated in your Sixty-ninth Commentary.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

Your Sixty-ninth Commentary has inspired you to deep contemplation on the wonderful Order of Life, and you are coming gradually to KNOW your place in the Universe. You see that we ARE - in every phase of life, no matter how much not so it may appear - exactly what we give to the Universe. Life is mathematical exactitude.... it is absolute Order everywhere. With this thought deeply rooted in our minds, we, as students of Life, naturally desire to KNOW what is at the basis of all the transcending ORDER that we are coming to understand. How can I consciously get to KNOW it? . . how can I build it into my own life? . . . Thought is your only force.

The man who accepts tradition, without independent personal thought, does not perform any individual function in relation to human progress unless, by transmitting the tradition he receives from the preceding generation to the one following, he makes himself, so to speak, one of its inert and mechanical channels. He who accepts and uses all the traditions of the past, subjects it to critical examination and profound reflection, and adds to it the result of his own devoted labors, thus transmitting it to posterity in a larger, purer and more integral form, is a true minister of light. In the measure of his powers, equipment and opportunities, he is an important factor in the higher evolution of mankind.

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Now, if there is anything real under the sun it is the Law of Giving and Receiving that we reviewed in our last Commentary. It is a Law as old as life. If we receive the tradition of this Law, and act upon it, that is good. But if we are the man who accepts and uses it, and transmit it through our greater knowledge of it because we have thought upon it, that is better. I am going to tell you now what the Law is, but that does not make you KNOW the Law. The only way that you and I can KNOW that the LAW of the Universe for us is to give all that we have, is by PRACTISING THE LAW. Let us see what the Law is :

FOR EVERY MAN (and for every living thing).	There is demanded by Nature, who extracts the tithe whether it is known by him or that from whom or which it is extracted, TEN PER CENT tithe towards life. (Though a man may think this all very foolish, and though he may not believe in tithing, the Universe, by its LAW, takes ten per cent of that which he has) This cannot be "explained" - one has to practise the Law to find how it works. I make bold to say that if a person is not definitely tithing himself, and will start in to do so, in the spirit of joy in giving, he will find that what will come back to him, from sources that he knows not of, will be at least four times that which he tithes. BUT WE ALL MUST CONTRIBUTE TEN PER CENT TOWARDS LIFE, and we cannot contribute less than this amount - if we do not give it as the seed, Nature takes it as a fine.
FOR THOSE WHO ARE ON THE PATH, and who UNDERSTAND THE SEVENFOLD PRINCIPLE OF THE UNIVERSE	One-seventh tithe towards Life. This is a Law that is little understood. Only those who have definitely come into a knowledge of the integral side of life can understand it, and they understand it through practice of giving. Having been initiated into the Principle of the Universe, knowing that the "fear of the Lord is the beginning of Wisdom," we find the aspirant develops the growing desire to share his knowledge and his increased well-being with others. He realizes that only as he shares with others can he himself make progress. He remains in the oasis that he has discovered, and desires that every human being should drink of the waters of life that he has found, and learn The Law as he has proved it. He gives one-seventh of his substance to the Universe.
FOR THOSE WHO ARE IN THE LIGHT AND WHO HAVE PROVED WHAT THE Light IS - THE TRUE INITIATE	One-third tithe towards Life. The True Initiate knows - he has proved it through his own experience - that there is only one aim and hope, and that is to save his fellow man and regenerate the race. Understanding the Law of Being, he knows that he cannot live unto himself. He is a minister to men.
FOR THE MASTER AND SEER .	ALL that he has and is. He gratefully acknowledges that this is the least he can offer for what has come to him - for he knows THAT HE IS THE LIGHT ITSELF, the Creator in Human Form. He knows that

IT IS WHAT WE GIVE THAT WE TRULY POSSESS, WHAT WE HAVE, WHAT WE ARE.

(a) The Realization of Immortality.

Having organised our life in rhythm with Life's Law, we pursue the final knowledge of life - THE REALIZATION OF IMMORTALITY (PERMANENCE OF CONSCIOUSNESS). The realization of Immortality is in direct proportion to the rate of vibration and in inverse proportion to the density of medium. We are Immortal NOW, in Eternity HERE,

THIS SPACE IS FOR YOUR OWN NOTES

according to our consciousness.

As consciousness is played upon by force, the higher the level of consciousness the more subtle the matter and the more refined the vibration. THE MASTER, the SEER, he who gives ALL, the True Initiate, is a highly dynamic center of Divine Consciousness.

Prana, Solar Force, or the Life-Giving Principle interpenetrates all matter. Perpetually playing upon it, it causes different rates of vibration in the different densities. There is no mystery about this, but when we get it fixed in our consciousness we realize that we have learned a great secret of life. The more subtle the matter of YOU - or of any other living thing - the less resistance is there to the Cosmic Force, and the higher are the vibration and the resultant consciousness.

EVOLUTION OF CONSCIOUSNESS IS CAUSED BY THE PLAY OF THE LIFE-GIVING FORCE OR (UNIVERSAL) UPON OR WITHIN MATTER.

The unfoldment of the super-sensible or spiritual nature of you is but the progressive manifestation in you of that vital energy derived from the Highest Light (the Sun behind the Sun), the Sun and its Divine Source. And as we grow in this manner, so do we come nearer and nearer to the realization of Immortality.

(b) The Universal Fire (Solar Force).

Asks the Scientist : Is that which is called the Paraklete, or the Light of the Logos, that which, when energized, becomes what may be described as living, conscious electricity of incredible voltage, hardly comparable to the form of electricity known to the physicist?

Replies the Occultist : THIS FORCE CAN BE GOVERNED BY MAN, AND, WHEN GOVERNED, IT IS THE INSTRUMENT WHICH THE SOUL USES TO BUILD UP MAN'S SOLAR OR SPIRITUAL BODY.

Says Paracelsus : The Paraklete or Super-Solar Force (the Force of the Sun Behind the Sun), Solar Force (the Force of the Sun), and Lunar Force (the Force of the Moon) are the true Solar Force.

Says Hermes : "The Sun and the Moon are the roots of the Art."

By constant aspiration and desire to know God's Law, there is liberated in us that Force which is the Living Flame which acts under the direction of the God in man, and without the conscious effort of the finite mind. "This Fire," declares Gabalis, "once liberated begins immediately to displace the sluggish nervous force, and to open and perfect those nervous centers or minor brains atrophied by disuse, which when regenerated reveal to us super-physical states of consciousness and knowledge of man's sovereignty over Nature.

This Solar Force manifests itself on the physical plane of life by passing through the "nervous centers, the minor brains", the ganglia of the sympathetic nervous system, and thence up the spine to the brain.

Here its currents unite to build up the deathless Solar or Spiritual Body. The following simple picture may be formed in your mind:

(1) - The Solar Force strikes the Solar Zone of your body. It then ascends - the positive by the great cable on the right and the negative by the great cable on the left of the spine. In its passage from one ganglion to another its voltage is raised, and it awakens and is augmented by the power peculiar to each ganglion which it dominates.

(2) - These ganglia concentrate the Fire of the Solar Force. Breath (Vibration) does this work - in the physical plane by expressing greater physical

THIS SPACE IS FOR YOUR OWN NOTES

well-being ; in the mental plane, by making us happier and more buoyant and more ambitious ; and in the spiritual plane by enjoying greater spiritual peace by virtue of our greater knowledge of the Law of the Universe.

(c) Exalting the Fire.

When you get to this point in this Commentary, turn back to Commentary Number Six. Read the first two pages very carefully, and then, in utter humility, realize how true it is that we can only ascend in knowledge as we have gained in the understanding of that which is below. I hope that we have long since learned that in Mentalphysics we are literally playing with Fire - the fire of the Solar Force; the Fire of Wisdom.

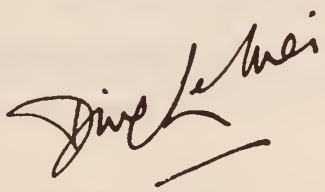
When we were studying our Sixth Commentary we doubtless did not appreciate as we do now that knowledge as to the development of this Force has been sacredly guarded in all ages, lest man through ignorance should use it to his destruction. We probably can now appreciate the caution with which we have been led into these matters. It is for us NOW to feel that we have learned somewhat, and that we can safely live what we have learned. We know that we are on sacred ground. We know that unless we are governed by our Higher Self, and with selfless purpose pursue this knowledge, it will intensify the lower passions, instead of our high intuitive powers, and make us a destructive force working contrary to the Law of Nature.

It is to be hoped that we have learned already in Mentalphysics that this is true. We are on our way, and little by little as we practise we come into this glorious realization.

I trust that this week will be one of the most wonderful weeks you have ever spent. LIVE IT! Be happy - Give thanks - Praise the Wondrous Spirit within you, and KNOW that you are the Creator in human form. I advise you, during these few weeks that we are reviewing the early Commentaries, to live quietly. Do not think that these present Commentaries contain all that you are to learn. Realize that you are to do your own thinking . . . these Commentaries are merely for the purpose of causing you to think. So let this week be a time of high thinking. Watch your diet. Do not sleep too much - nor too little. Be temperate in all things.

My peace I send to you.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.



Written in Faith at
Los Angeles, California, U.S.A.

End of The Seventieth Commentary,
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES



OM MANI PADME HUM

The Inner Chamber

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COMMENTARY **71**

THE GRAND REVIEW (5) Retrospect

BREATHING INSTRUCTIONS DURING STUDY OF THIS COMMENTARY :

Concentrate this week upon the secret exercise outlined in your Sixth Commentary, pp. 2 - 3 - 4. Make this the principal exercise, with as many of the others as you personally desire to carry out. Turn back to your Sixth Commentary, and if you have not fairly regularly carried out this Contracting exercise, be quite sure that you study the technique before you begin. And remember - TELL NO MAN. This is the exercise par excellence for Exalting the Fire: but we must keep it sacred to ourselves.

MEDITATION FOR THE WEEK :

Same as in your last Commentary, adding whatever you personally desire to add.

My Beloved Student in Mentalphysics, Noble of The Light:

Greetings in The Bond.

You are advised above to concentrate your attention this week on the secret exercise taught in your Sixth Commentary. Read now the first page of your SEVENTH Commentary; . . . "GUARD WELL THY FORCE -- AND BE SILENT ON THESE THINGS. Remember that you can only REALIZE anything through practice, and to seek the PURE GOLD OF LIFE ITSELF requires more than ordinary watchfulness in practice. Analyze yourself in regard to the three points that are mentioned on page two of your Seventh Commentary ----

(a) IS your progress such that you know your body to be "light and free and supple"?

(b) IS your mind "free and clear"? (Think what this means - is your mind FREE - free from all negation of whatsoever kind?)

(c) ARE you, spiritually, "constantly at peace"? (Do not hurry in making up your mind over these three points.)

THIS SPACE IS FOR YOUR OWN NOTES

(a) Need for Absolute Honesty.

I again emphasize that in your present Commentaries, forming a Grand Review of previous Commentaries, you are to be entirely honest. If you feel that you have NOT thoroughly mastered what you have been taught, NOW IS THE TIME FOR YOU TO GO BACK AND BE SURE THAT YOU DO IT. You will find that if Mentalphysics has become by habit a mere intellectual study, you will experience increasing difficulty in formulating and profiting by your practices . . . . and, as you know, I emphasize PRACTICE all the time. Read your Seventh Commentary most carefully.

Having done so, TURN TO YOUR EIGHTH COMMENTARY. I regard your Eighth Commentary as one of the most important of all the Lessons that have gone to you, for it deals with your SUNRISE, the origin of Light. Read the "Special Instructions" on page one. This exercise, though simplicity itself, is of the very utmost significance . . . WATCHING YOUR SUN RISE. You should prayerfully go over page two and that part of page three that ends at Para. B. To the uninspired mind there may be some doubt as to the efficacy of watching the sun rise, but when once we release the secret meaning within us, we FEEL THAT WE ARE CONSTANTLY IN THE LIGHT -- THAT WE ARE NEVER OUT OF IT -- THAT WE ARE CONSTANTLY BATHED BY THE LIGHT OF THE SUN THAT WE SAW WHEN WE WITNESSED THE COMING OF THE DAWN.

You see, My Beloved, the Sun is the highest symbol of Light that we can contemplate, and it is within our power to create the Kingdom of Light WITHIN US in exact correspondence to the kingdom of Light that we see within the Sun.

(b) Why Do Men Disagree on Essentials.

I cannot emphasize too much why you should undertake this exercise in the most reverential attitude of mind. So often we hear people, when they do not understand anything, say "I would like to have a little more light on this subject." The reason that they do not understand is the lack of LIGHT. It is the same down through all the strata of human thinking - we lack for LIGHT . . . yet WE ARE THE LIGHT. When one thinks about it, it is easy to see that if we have enough Light on everything, we shall KNOW everything. Lack of Light means lack of knowing. And brought down to its final point, if we all were constantly IN THE LIGHT OF DIVINE WISDOM (for that is what Light is), there would be nothing that we would not know. All differences of opinion among men means the difference in the quality of the LIGHT that they enjoy.

Says Gabalis :

"As soon as the soul gravitates towards body in the first production of herself she begins to experience a material tumult, that is matter flowing into her essence. And this is what Plato remarks in the Phaedo, that the soul is drawn into body staggering with recent intoxication, signifying by this, the new drink of matter's impetuous flood, through which the soul, becoming defiled and heavy, is drawn into a terrene situation. . . . Hence oblivion, the companion of intoxication, there, begins silently to creep into the recesses of the soul.

"FOR IF SOULS RETAINED IN THEIR DESCENT TO BODIES THE MEMORY OF DIVINE CONCERNS OF WHICH THEY WERE CONSCIOUS IN THE HEAVENS, THERE WOULD BE NO DISSENSION AMONG MEN ABOUT DIVINITY.

"But all, indeed, in descending, drink of oblivion, - though some more, others less. On this account, though Truth is not apparent to all men

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on the earth, yet all exercise their opinions about it ; BECAUSE A DEFECT OF MEMORY IS THE ORIGIN OF OPINION. But those discover most who have drunk least of oblivion, because they easily remember what they had known before in the heavens."

The above shows how and why there is so much dissension and strife in the world of men's affairs - in short, the LACK OF LIGHT. There are many locks upon the portals of life's mysteries ; but when we are fully in The Light, all things are unlocked for us. In the Light, we find that the Mind is our measurer, and ACTION the last end of thinking.

(c) The ART of Living.

As I remarked at the beginning of your Eighth Commentary, we can now truthfully say that we are devotees of the ART of Living. You will also remember that Tagore, when asked "What is Art?" replied : "IT IS THE RESPONSE OF MAN'S CREATIVE SOUL TO THE CALL OF THE REAL." The art of LIVING is to find LIFE.

And how wonderfully Man is made for this purpose - to find HIMSELF. What an abundance of tools and materials we have to experiment with! We have EVERYTHING in the Universe without to find what is actually in the Universe within. No matter what we may be engaged in, all that we are doing - sometimes consciously, most times unconsciously - is to find, through living, what Life is. What infinite Order! What measureless Beauty! What glorious progression everywhere! What LIFE - LIFE - LIFE! . . . And we see it all, and come to know it all, through its own LIGHT. What magic awaits us all, as we proceed gradually into the inner regions of The Light!

The man who thinks wills to know. The man who does not think cannot know, and becomes the slave and property of other minds, but he who thinks, wills to know, and by the pressure, so to speak, that his thoughts make upon The Light, becomes the expression of the God within himself. The Light is the primordial electricity or Solar Force, semi-latent within the aura of every human boing. Down through the ages it has been known to the Wise Ones - to the Greeks it was Speirema, the serpent-coil. In the Upanishads, the sacred writings of India, it is said to lie coiled up like a slumbering serpent. In the third chapter of the Book of Genesis it is symbolized as the serpent, "more subtil than any beast of the field which the Lord God had made."

Know, then, how vitally important it is to you that you fully acquaint yourself with the exercise which will lead you gradually to an understanding of THE LIGHT.

(d) The Light and The Silence.

Contemplate the following, which appears in your Eighth Commentary (p.3) ; this will enable you to divide manifestation on all planes - and you know that at the back of it all is THAT . . . THE LIGHT, the Universal Spirit, which is in one form the principle of all growth :

1 - THE EGO	Pure spirit ; Pure LIGHT ; Purity	In.Nature -	GOLD.
2 - DIVINE SOUL . .	Higher Mind ; Higher (or Super) Consciousness	do.	SILVER.
3 - SPIRITUAL BODY.	Consciousness (The Conscious Mind).	do.	MERCURY.
4 - ANIMAL SOUL . .	Instinct ; the Subconscious Mind, which causes matter to be in motion	do.	IRON.
5 - ASTRAL BODY . .	Memory and Feeling	do.	COPPER.
6 - ETHEREAL BODY .	Sensation	do.	TIN.
7 - PHYSICAL BODY .	Flesh ; physical substance	do.	LEAD.

THIS SPACE IS FOR YOUR OWN NOTES

The symbol of all this - and, indeed, of everything in the Universe (the Macrocosm) - is your body (the Microcosm) ; your body is the divine instrument, the Immortal Jewel, for it is through the instrument that happily we come to feel the Force and know the Light . . the ART of Living. By holding and circulating and fixing the Light, we pass through our earth-body to our Spirit-body, and in the Silence (which is the mother of Light) we witness the birth of the Light and know that it then shines of itself. But again ---

NOT WITH ONE LEAP CANST THOU SUDDENLY ATTAIN, . . WHOSO SEEKETH ETERNAL LIFE MUST SEARCH FOR THE PLACE WHENCE ESSENCE AND LIFE ORIGINALLY SPRING.

I repeat for your prayerful study here what was written in your Ninth Commentary - see whether it has a deeper meaning for you now than it had at the time you were in the study at that time:

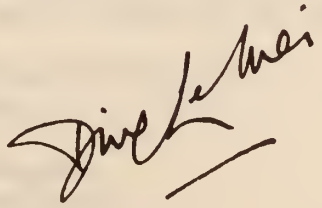
"In the Silence, as we learn truly to enter it - radiant and unafraid - we discover the Elixir of Life, the Light of Divine Wisdom. . . This is the Law of Re-embodiment, and through our THOUGHT - pure as the essence of Spirit, we ourselves can become so purified through practice as to use the primordial power of the Creator within us to reestablish constantly a balance in conditions that we have unconsciously caused to be thrown out of balance. Through the circulation of the Light we begin the practice of REAL MASTERY. In the truly ascended state - when we follow the Law in Absolute Love to Every Living Thing - we come to control the atomic structure of our world, just as a sculptor controls the substance under his fingers. This writer has met men who can change their bodies, and go wheresoe'er they will, just as easily as you and I can change our clothes. If they can do this, we can ; but they, through practice and discipline, have learned the way.

"We are apprentices in the art, but as we enter The Spirit, and become the Spirit, we shall be able to do likewise."

You will have a happy week this week. I ask you to feel near to me as your Teacher - feel near to us all at The Institute. Every meeting of the Inner Chamber we think of you and speak of you - for we recognize that we are all one Royal Family.

My peace I send to you always.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.



Written in Faith at
Los Angeles, California, U.S.A.

End of The Seventy-First Commentary,
Inner Chamber

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The Inner Chamber

of the Science of Mentalphysics

THIS LESSON IS FOR YOU - IT IS NOT TO BE TOUCHED, IF POSSIBLE, BY ANY OTHER HAND . . . IT IS NOT TO BE SEEN BY ANY OTHER EYE.

COMMENTARY
72

THE GRAND REVIEW (6) Retrospect

BREATHING INSTRUCTIONS FOR THE WEEK :

If you have been concentrating upon the secret knowledge given you in the Contracting Exercise, and if you have been faithfully carrying out what you have been taught, you will have discovered something that you could not discover in any other way. There is nothing that can take the place of the work that you undertake in doing this exercise, and I hope that you are not only reading about, but doing it.

MEDITATION FOR THE WEEK :

The more you do the physical part of the Contracting Exercise, the more time you should spend in Meditation. If it is possible, I would spend three short periods each day for Meditation - one before you begin the daily duties, one about noon (before luncheon), and one before dinner at night.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

I advise you to go back to your Tenth Commentary and read it thoroughly before you go on further. There is much food for thought in that Commentary, and I reprint here this exquisite declaration of the Truth which appears on the second page of that documentary lesson :

"Holy is God, the Father of All Things.
Holy is God, whose Will is performed and accomplished by His Own Powers.
Holy is God, that determineth to be known: and is known of His own, and those that are His.
Holy art thou, that by Thy Word hast established All Things.
Holy art thou, of whom all Nature is the image.
Holy art thou, whose nature hath not formed.
Holy art thou, thou art stronger than all strength.
Holy art thou, thou art greater than all excellency.
Holy art thou, thou art better than all praise.
O, Thou Unspeakable, Unutterable, to be praised in silence.
I beseech thee that I may never err from the knowledge of thee ; look mercifully upon me and enable me, and enlighten with Thy grace all that are in ignorance, the brothers of my kind, but Thy sons.



THIS SPACE IS FOR YOUR OWN NOTES

Therefore, I beseech Thee, and bear witness, and go into The Light and Life.
Blessed art Thou, O Father!
Thy Man would be sanctified with Thee, as Thou hast given him All Power."

(a) Re-emphasis of Living What We Know.

What, above all, we have to avoid is to endeavor to understand IT through the Intellect. WE MUST LIVE IT . . . BE IT ; and you can see that when we begin only to think ABOUT It, we prevent ourselves from being It. Therefore, once again, practise, practise, practise!

What do I mean? This : About three and a half months ago, a lady of ninety entered Mentalphysics. She had not walked for thirty years, though she had been in other forms of religion and philosophy, and believed that she would sometime be able to walk. She had not found the way, however, which led her into practice. In less than four months, she found the way through Mentalphysics, and wrote me telling me that she had walked one mile. Now, think on this - here was a lady who had not walked for thirty years (and that is a long, long time), walking one mile after fourteen weeks of practice of uncovering the power within her to walk -- and so she walked. All the reading and all the intellectual investigation avails little . . we must BE It.

After thoroughly studying your Tenth Commentary (not forgetting to ponder on what is written about the "Masters" on page one), turn to your Eleventh Commentary. There is so much of a truly majestic nature in this Commentary that I find difficulty in making any comment in review. I can only wholeheartedly recommend to you that you study it faithfully, so that you shall not miss any of the deep inner meaning contained in its pages. Take this passage on page 2 :

"This, My Beloved, is your destiny and mine . . . To return to the Source, the Father-Mother-God, 'from whence we came', or, better, 'IN WHOM WE LIVE', though our senses have led us astray.

"To reach the place where carnality is left behind, and to arrive at the portal of our Divine Abode, a God-Conscious Man. We are THAT now, - we are THERE now. But, as I advised you in your last Commentary, we must be practical. We are on this plane - we must engage in all activities of this plane that are necessary to bring us the right experience. You are in business - you must follow your business, but you must train yourself through the TRUTH of your own life to know that all that you do and say and think and feel is in the Perfect Order of the Universe. Every thought is flowing from the Infinite Source of Spirit-Thought - you are its faultless interpreter . . You are engaged in many varied activities, and find that your days are full . . . but it is not you who are doing these things . . you are so tuned and refined to the Solar Principle of Light that, with absolute rhythm and doing nothing to disturb the rhythm of THAT within you, your life is a perfect reflection of the Principle.

"When we gather to ourselves this simple idea, how wonderful LIFE becomes! There is NAUGHT that is wrong - NAUGHT that is negative - NAUGHT that is Dark ****** for ALL IS LIGHT, the Light of the Divine Wisdom that Is in Every Living Thing."

Read over and over again the above. As you read, FEEL that you know that NAUGHT IS WRONG OR NEGATIVE OR DARK. Your own life is LIGHT, LIGHT, LIGHT ----- why? Because you know that THERE IS NAUGHT BUT LIGHT, for God is ALL and God is EVERYWHERE in EVERYTHING.

THIS SPACE IS FOR YOUR OWN NOTES

(b) Secret of The Healing Breath.

I emphasize that you read carefully and prayerfully "(b) The Journey to the Heights" and "(c) The Habits Are the Man" on page three of your Eleventh Commentary.

Passing on, you find that in your Twelfth Commentary there is contained a very deep secret, that which we call the Healing Breath. You should give much thought and practice to this Commentary. During this week I would spend one whole evening to the study of the Twelfth Commentary, reading and practicing, reading and practising. The Healing Breath contains ALL that we ever can learn, as a matter of fact - by this I mean that when we have thoroughly mastered this magnificent breath, we become so refined in consciousness and in soul-quality that there is nothing that is hidden from us - we have come to know all, for we have learned the method of contacting the spiritual forces of Life Itself.

There is no exercise which will teach us All-Pervasion as the Healing Breath. Infinity is the absence of limitation. The Infinite cannot be in, or subject to, space or time, because these are essentially of the nature of limitations - and in Mentalphysics ("Whatever the Creator is, I Am") we know no limitations. Everything is limited by all that it is not, and so long as we recognize ourselves to be less than the Creator (which is within us, and therefore causes us to be what It is) is, we are conscious of limitation. The world is a whole, which has its harmony - and we are its harmony. The God who is ONE, could not make any but a complete and harmonious work. The harmony of the universe responds to the unity of the Whole (which is God), as the indefinite quantity (limitation) is the defective sign of the infinitude of God -- and we are God in human form.

Through practice we find in what we call the Healing Breath a definite understanding of God-quality of all-pervasion - we realize that we are all-pervading. We are brought to our highest point of consciousness . . we mingle with Nature and Supernature. Nature is full of lessons to us as thoughtful men. We dissolve the matter of the Universe, leaving only its divine forces . . . we dissolve away the phenomena of human history, leaving only Immortal Spirit . . . we study the law, the mode of action of these forces and this spirit, which make up the material and the human world, and cannot fail to be filled with reverence, with trust, with boundless love of the Infinite Father-Mother-God, who devised these laws of matter and mind, and thereby bears up this marvelous universe of men and things. Familiarity with the grass and the trees - but, infinitely more, familiarity with our own true nature - teaches us deeper lessons of love and trust than we can glean from all the words that have been written.

The great Bible of God is ever open before all mankind. The eternal flowers of heaven seem to shed sweet influence on the perishable blossoms of the earth . . . and when we think of our own earth body and contrast it with our own heavenly body, we see the deeper meaning of these words. The great sermon of Jesus was preached on a mountain, which preached to him as he did to all the people, and his figures of speech were first natural figures of fact.

All that we see and hear and feel and know is of the essence of the Creator. Nature is God's prose . . man is his poetry.

(c) The Work Before Us.

The work of our preparation for our Day of Triumph is a manifold and prodigious one. We Nobles of The Light are on our way. We have begun the journey and the task. What a work lies before us! Our sovereignty over Nature is to be restored. Lack is, through knowledge, to be transformed into abundance . . . the unutilized is to be

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utilized, . . . ugliness is to give way to beauty, . . . evil to be unrecognized and we are to know only Good (God), . . . all error is to be transformed into Truth, . . . all hate to be melted by Love.

I would conclude this Commentary with just that which you would have said to you which is necessary to fire you to the highest heights of your own imagination. I would write to you in letters of purest gold, and stir your heart to Right Action continually. We look at Nature - we read her lessons : what if every man and woman were a perfect imitator of the Great Teacher, wise and good, with all his faith and all his virtues, how the circle of Life's ills and troubles would be narrowed! All would then do unto others as they would be done unto.

> (Sit and think what a world there is one day to be, when ALL men seek only to serve . . with no thought of reward, with selfishness in all its forms banished from human consciousness.)

So let us study God by studying his works, and imitating only that which comes to us as the highest that we know. You and I are of paramount importance in the Great Scheme . . nothing in the universe is more important than you. Then, should we not see to it that we continually strive to keep ourselves in the rhythm and the harmony of the Law - doing the Will of God.

Meliton, Bishop of Sardis, in his oration to Antonius Caesar, said (and I commend these words to us all) :

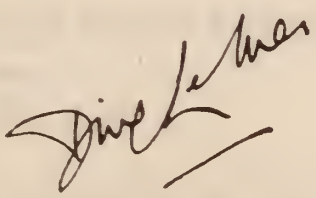
> "Let Him, the ever-living God, be always present in thy mind ; for thy mind itself is His likeness, for it, too, is invisible and impalpable, and without form. . . . As he exists for ever, so thou also, when thou shalt have put off this which is visible and corruptible, shalt stand before him for ever, living and endowed with knowledge."

And this time for this is NOW, the ever-present moment! We in Mentalphysics have the Royal Secret, for we are members of the Royal Family of Light. Let us act as if we are always conscious of the Light within us, and we within the Light.

We rest, then, in the Equilibrium of Deity - we ARE That. Peace be unto you this day and all the days, for evermore, until time shall be no more. Peace - peace - peace - peace - peace - peace - PEACE.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.



End of The Seventy-Second Commentary,
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES

OM MANI PADME HUM

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COMMENTARY
73

THE GRAND REVIEW (7) Retrospect

BREATHING INSTRUCTIONS DURING STUDY OF THIS COMMENTARY :

1. Breathe the Revitalizing Breath physically three times in the morning;
2. " " " " silently before luncheon;
3. " " " " silently before the evening meal.

(Note the difference in your feeling between the physical and the silent breathing. You should be able to feel the thrill, the deep physical thrill that the physical breathing brings to you, and know that every cell in your body is full of life, life, life. In the silent breathing you should encourage the same feeling, though it will be of a finer nature, through the power of the Imagination, and feel that your body is FULL OF LIGHT, that is seemingly in a state of utter liquidity, peaceful and still, that you have reached the irreducible irreducibility of the Center of your Inmost Self . . . that you are master of the MELTING PROCESS.)

(Then during the week feel this glorious sensation all the time . . . you feel the Divine Light within you, you walk with God, you are full of Light, you KNOW that with every step that you take, every thought that you think, every moment you are IN THE LIGHT.)

MEDITATION FOR THE WEEK :

During this week meditate upon success for Mentalphysics, and especially that there be the right feeling between yourself and your Teacher.

"I AM IN HARMONY WITH HIM AS HE IS IN HARMONY WITH ME."

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

This Commentary is to offer further inspiration on Your Ninth and Tenth Commentaries, which you are advised to read and re-read several times during the week. It deals, as you know, with the MELTING PROCESS. In the breathing of the

THIS SPACE IS FOR YOUR OWN NOTES

Revitalizing Breath, you are "to get the concept that you are developing the FIRE, fanning the FLAME - you are truly in the LIGHT and you can truly feel the HEAT (of LIFE)."

I shall never forget the first time when I saw a man sitting naked in the snow, on the edge of a pool, from which two men brought very heavy felt blankets to put over his nude body. They put the blankets on his body dripping with the ice-cold water, and in a few minutes the blankets were dry. He had learned the secret of finding the FIRE of Life. He had come through practise to such a high control of his own force of life that he could - and did - melt the snow around him to a distance of several feet, and in less than an hour had thoroughly dried the blankets.

Beginning with the physical body, the instrument, the Revitalizing Breath is the first step on

> The Way . . . . . as spoken of by Jesus the Christ;
> The Path. . . . . of the Theosophists;
> The Tao, the primordial principle . . . of the Taoists;
> The Great Meaning (that which has neither name nor form);
> THAT which is contained within the Light that lighteth the world;
> The Golden Elixir;
> The ONE - and in Mentalphysics the "Divine Wisdom That Is In Every Living Thing".

And this Light, of whose secret we have together learned somewhat, starts with the Revitalizing Breath; and so we go on and on MELTING the substance so that we may find the Heavenly Principle.

(a) Learn First How To Use It.

Before we are able to use anything, no matter what it is, we must find it. When we have found it we may start the process, but we first have to LEARN HOW to start the process. We KNOW that Life in all its forms is impregnated with the Living Force, but as we look around us we see that some know how to use it, and others do not. Some time ago, a man came to see me who had not been able to talk clearly all his life. He had spent many thousands of dollars on getting advice, with little or no success. So far as I was concerned, all that I could see was that this man was the Creator in human form, and there was nothing lacking with him, so that I believed that he could speak plainly. He had, however, not learned the Way. I took him, and taught him HOW to talk, and today he is a tolerably good public speaker - a miracle. To him, yes; to me, no.

For many years I could not see with my right eye. The eye was there, and I knew beyond any possibility of doubt that I was the Creator in human form. Nothing was lacking. I had been told by men in many of the large cities of the world that I would never again be able to see - but I would not believe it. I didn't believe them - I believed God. Today I see. Why? Because I learned the way.

A few months ago a man came to me and asked that I take him as a student. He could not walk, he said, and it is true that he had to get along with two sticks - and with these he didn't make much progress. His legs were perfect, so far as I could see ; and even if they were not, I knew that God (or whatever word you care to use - I shall not quarrel with you over words) could make them perfect. As a matter of fact, I KNEW that God was walking through those legs. The very first lesson he had with me,

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this man walked . . not as I walk, with no support, but he began to learn HOW to walk by resting on the backs of chairs placed back to back, with enough space for him to walk between them. Today he walks perfectly.

So, too, do WE have to LEARN THE WAY - first by melting the substance, clarifying all substances, melting, so that we are able efficiently to "mix".

(b) The Great Need of Patience and Humility.

Now, turn to your Ninth Commentary and read carefully "(a) The Light and the Silence" on pp. 2-3. After reading it, remember -----

"NOT WITH ONE LEAP CANST THOU SUDDENLY ATTAIN.
WHOSO SEEKETH ETERNAL LIFE MUST SEARCH FOR THE PLACE
WHENCE ESSENCE AND LIFE ORIGINALLY SPRING."

Pass on to "(c) The Road to Mastery" at the bottom of p. 3, and then sit quietly with yourself and analyze to see what you TRULY have learned during the months that you have been in Mentalphysics. Just imagine the condition you were in when you came to me as a student. What progress have you made - has there been ANY progress? If so, no matter how slight it is, GIVE THANKS. Life is long, and so is art - and the Art of Living is longest of all. You have not been able to do what you thought you could learn to do? . . Well, whose fault is that? Is it anybody's other than your own? Recognize and gratefully admit that, if you are not able to do what you believe you should be able to do, that it is simply because you have not yet learned the way to do it. Renew your zeal, then - and pledge yourself to greater and greater effort through right practice.

We are as yet apprentices in the Art, but we have proved that as we seek we find --- and there is no other way.

(c) "When The Pupil Is Ready . . ."

You will now turn to your Tenth Commentary, where you find much food for thought. I would not have you deceived, My Beloved. We hear a good deal these days about the "Masters", and some people talk about Masters as if they were talking about mere college professors. Only last week a woman was talking to me, and she said, "You know, I have my Master . . . . . ", and a great many more words that had no meaning. This woman had no appearance that she had learned anything about how to LIVE. She was "ill", and had been (to use her own words) a "semi-invalid" for years ----- and yet she had her Master. This was, of course, not true - and yet it is in actuality true, for we all have our Masters.

But so many people, looking only for spectacularity, merely fool themselves, and this is the worst kind of deception. This woman did not know that

When the Pupil is READY
WHEN the Pupil is ready
When the PUPIL is ready
When the Pupil IS ready

the MASTER APPEARS . . . and NOT TILL THEN.

There is nothing in heaven or on earth that can make you READY but YOURSELF. EVERY LIVING THING acts and reacts to us AS WE DO OUR PART. Where there is no genuineness of desire for Light, the Light cannot be seen. When you do not with all your heart desire Light, YOU are unable to see it.

When my old Master in Tibet told me that he would teach me, how happy I was! I had been aching to learn - to KNOW : or at least I thought I had been aching to know.

He told me that I had been there before, and that I had lost many opportunities to learn, . . . "But now that you have come again," he said, "I will teach you if you desire to learn."

THIS SPACE IS FOR YOUR OWN NOTES

Oh, that was simply grand, thought I. I was elated--and I fear I was somewhat proud. Then what happened? The very first time I asked him a definite question, his reply came back in simple words ---- "GO, and FIND OUT!!" Ah, how cruel . . how entirely unreasonable . . . how unsympathetic! Yes, but how many, many times in my later life have I been grateful to Him for making me FIND OUT. But WHEN he saw that the PUPIL WAS READY, and had tried and tried, and failed and failed, then he taught me, because he was assured of the genuineness of the desire of the pupil's heart for knowledge. The Masters are not waiting to cast pearls where they should not be cast, but when, through sincere desire and reverent experimentation we show that we are ready, then -- BUT NOT TILL THEN --- will the secrets be revealed to us.

Therefore, be not deceived. None but you can do it --- and you must do it, if you are to become gradually and tediously and slowly and perhaps heartbreakingly led on The Path where you yourself will become, by the Justice of Life Itself, a Master.

When you are ready, the Masters will find you. They dare not fail you, and they CANNOT fail you. Yea, when you have proved through humility of spirit and earnestness of desire for the higher things of life for knowledge own sake, then the Masters will FIND YOU and bring you into Their Presence. Do we not, then, see the wisdom of not turning back, but faithfully, without ostentation, in great humility and in deep devotion going on and up, on and up, step by step, through all the travail of the spirit. . . . through the melting process, into the mixing process, finally into the fixing process?

My Beloved, you are never alone. "Lo, I am with you always!" Cleanse thou thy thought of all pride. Be not thou the warrior - seek the warrior within thee, and let him fight thy battles. Be practical, but humble. Shirk not what thou seest lies before thee to do, and murmur not. Prove that thou art great, and the greatness of the Masters will reach into thine own heart of hearts, bringing light and wisdom and eternal peace. Shrink not in the coming battle, but yet wait patiently even if it be in the outermost courtyard in the temple of the Light.

And, in thy waiting, give thanks - and again give thanks. All is Light, and ALL is God, and God is Everywhere --- be not afraid. Therefore, this week, go alone and prepare yourself for the coming blessings which Knowledge brings to us all. Be brave and strong in your own thought --- be silent and wait watchfully -- listen patiently for the Voice of the Spirit . . . and DO unto Life as you would Life do unto you. And as I close this Commentary, feel the highest and the noblest and the best of me with you. I come to wash your feet. I am with you, waiting silent to serve you, my Beloved. All that I am is for you, for I am not my own again for evermore, but am merely the channel through which the LIGHT of the FATHER may flow in unto thee. And as the Spirit instructs you through what comes from me to thee, thus am I rewarded, for I rejoice with thee and share the burden that thou alone must carry --- until the shadows flee and The Dawn breaks once again.

Peace be unto thee -- All Good flows from me to thee. You are Whole - you are Perfect - you are Strong - you are Powerful - you are Loving - you are Harmonious - you are Rich - you are Young - you are Happy! . . . . . Peace, peace!

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope

Written in Faith at
Los Angeles, California, U.S.A.

End of The Seventy-Third Commentary,
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES



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COMMENTARY
74

THE GRAND REVIEW (8) Retrospect

BREATHING INSTRUCTIONS DURING STUDY OF THIS COMMENTARY :

SAME AS in your last Commentary.

MEDITATION FOR THE WEEK :

The Affirmation (but not with the mouth only, but with your Soul) of Your Own Spiritual Breath.

My Beloved Student in Mentalphysics, Noble of The Light :

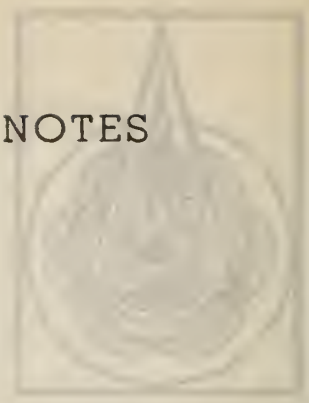
Greetings in The Bond.

Think for a moment, as you begin to read this Commentary, of that majestic salutation "Noble of The Light". You are a member of the Royal Family of the Golden Light. Most of the students who receive these Commentaries have never met their Teacher in person ; they are far away - all over the world, struggling alone on The Way. No one is more aware than your Teacher of the courage necessary to carry on the practices of Mentalphysics in the higher stages when you are not in personal touch with him. But you will remember my remarks in your last Commentary regarding the advice of my old master in Tibet when he told me to "Go and Find Out!" Therefore, Courage, COURAGE, COURAGE . . . all is well. Remember that when your desire is sincere, the Masters seek you and bring you into their presence.

This week must be a week of systematic experimentation. Turn back at once to your Twelfth Commentary, for we are to review that Commentary in detail, and I hope that if what the Twelfth Commentary contains has not already been made clear to you, that you will be the wiser at the end of the study of this Seventy-Fourth Commentary. If you were here at the Institute, you would see the classes conducted in a circle. Our Light is in the center, symbolized by a lamp with a purple shade which I have used ever since Mentalphysics was born. There is absolute silence. Students sit, their heels touching, their spines erect, not leaning back against the chair, and they imagine

(a) That around the Sacred Circle there is an impenetrable circle of Golden Light.. nothing can break it, nothing can disturb it ; and there we sit, silent and at peace.

THIS SPACE IS FOR YOUR OWN NOTES



(b) That above them there is a heavy panoply of Peace . . . all is still.

(c) That in the Circle, radiating from Ding Le Mei in the center, is Wisdom ..... Light, Peace and Wisdom, a trinity of Life.

(Read before you go any further in this Commentary the whole of your Twelfth Commentary, which shows you the technique of the Great Breath of Divine Healing. Note the wording of the affirmations. Note the technique - first to the right, then to the left, then the downward sweep. Familiarize yourself with all that you read before going on with this Commentary. - D.L.M.

(a) Review of a Wonderful Breath.

Now, what are we doing in this exercise? You have the POSTURE - you know all about the FIRST MOVEMENT - SECOND MOVEMENT - THIRD MOVEMENT. You know how to FEEL the force at the right side of the head, as if there is a "pushing" sensation out through the right side of the head. You know what you FEEL. Then you know how to reverse the force, and FEEL the same sensation through the left side of the head. Then you know how you stop this force, and feel the all-enveloping force sweeping down, down, down through the body to the soles of the feet, only to come up again like a great wheel of golden LIGHT. And I hope that you have felt this feeling so strongly that you have become the feeling, that you have lost all sense of your own body, that you have been merged into the Universal. If you have, you will understand the great importance of this Healing Breath.

You see, when we are thinking of the right side of the head -- or feeling out through the right side of the head - we are developing the positive force of our thinking power. Similarly, when thinking to the left, we are developing the negative side of our thinking power, and when concentration is complete we sweep downward, "not missing one cell in the body".

There is an "outer" meaning to this Breath, but there is a distinctly more beautiful "inner" meaning - we are on our way to understand this "inner" meaning. When mere thinking has ceased, we become all feeling. THEN we are able to do whatever we wish to do -- and I mean these very words. When we feel that we ARE truly the Creator in human form, what else is there to learn? Ponder well on the affirmation of this Breath :

"THE CREATOR IS WITHIN ME. . looking out on the Universe through my eyes." --- seeing what I look at. I see no evil.

"THE CREATOR IS WITHIN ME. . listening to the sounds of the Universe through my ears." ------ Hearing what I am listening to ; I listen, I wait, I am still . . listening to the Voice Within. I hear no evil.

"THE CREATOR IS WITHIN ME. . thinking the thought of the Universe through my mind." ------ I am so perfectly tuned to the Divine Mind which flows never-ceasingly through me that no thought is upon anything other than Good (God).

"THE CREATOR IS WITHIN ME. . issuing the sounds of the Universe through my throat." ------ I am so perfectly tuned to the music of the spheres, I know that what I say I become, that I speak no evil.

"THE CREATOR IS WITHIN ME. . doing the work of the Universe through my hands." ------ All that I do is unto The Law ; I am freed from selfishness in every form ; I have learned the way to give . . . I have learned how to feel after Him with my hands.

THIS SPACE IS FOR YOUR OWN NOTES

"THE CREATOR IS WITHIN ME . . EXPRESSING ITSELF through ME." ------
All that I do and say and think and feel and know is from and by the Creator within me . . my whole life is the Creator expressing through me.

"WHATEVER THE CREATOR IS, I AM. . . . I AM PERFECT AS HE, AS IT, THAT WHICH I KNOW THAT WHICH I FEEL WITHIN ME IS PERFECT. . . . I AM PERFECT MIND IN A PERFECT BODY. . . I A M T H A T I A M."

Read the whole of this beautiful Affirmation in Commentary Twelve (pp. 3-4).

Now, my Beloved, these things must not be talked about. "Go, and tell no man." But I assure you that when once you get this FEELING of Oneness with God in this glorious Breath, you will have gone far . . for no matter what the conditions in which you find yourself, you will at once be able to bring back the feeling of a great protecting mantle of Light about you. You should practise, practise, PRACTISE the Breath, for you will find that you will be able to USE the Force at any time in any place for any purpose whatsoever. It is a glorious thing to know, but if we talk about it, we shall lose the ability to use it.

You will be aware also that there are few who would understand what you are doing. The first characteristic of the human being is skepticism, and we are prone to ridicule what we do not understand - that is why the human race has been so slow in its development of spiritual understanding. But WE KNOW, and we FEAR NOT. There are many who would believe that you were literally crazy if you were to talk to them about the practices of Mentalphysics, so I counsel you again -- and again and again -- to "have no tongue."

(b) Symbology of The Resurrection.

Now turn to your Thirteenth Commentary : Read it through at one sitting. If you have not time to do this, postpone it until you have the time. As you know, your Thirteenth Commentary teaches us something about The Resurrection. I quote from the first page :

"In the springtime a young man's fancy lightly turns to thoughts of Love - not at all by mere chance, but because, with the increase in The Light from the Sun, it is natural that man should feel more of Love - WHICH IS THE ESSENCE OF THE UNIVERSE, the Pivot of Right Activity, the kernel of Life Itself, the seed of all True Expression . . . and that which men call GOD is LOVE."

The Healing Breath brings us to the symbology of the "Resurrection."

IMPORTANT - Read most carefully, thoughtfully, "(b) Symbol of the Resurrection" on page 2 of the Thirteenth Commentary. This deals with the time when my old Master showed me what the physical body really is for - how we have the power to come and go, to lay it down and take it up again.

This should inspire all us Nobles of The Light. What one man has done another can do, a million can do --- but only when they know the Way. Not until we know that LOVE is the essence of Life, the substance that Life is made of, can we hope to be able to do these things -- or to truly find The Way. The Law of Nature, as I remark in the Commentary now under review, is a tendency upward of all living things. After the nebula the orb, after the orb the mineral, after the mineral the animal, after the animal, MAN, made in The Image, from which nothing can depart. The evolution of Nature is followed by the progress of humanity. Man, as man, can only aspire to that of which he has some knowledge. You and I can only DO what we KNOW -- Knowledge is our POWER, and there is no other power. All that we need to USE is here - there is nothing lacking. What you and I have to learn - steadily, relentlessly, moment by

THIS SPACE IS FOR YOUR OWN NOTES

moment - is HOW TO USE IT, and then, finally, become ONE with IT. There are men who possess that Power - Jesus possessed it so that he revivified the atoms of his body to right coordination that the Force of Life Itself flowed undeterred in and through his body and enabled him to "rise from the dead". My old Master had this power, and demonstrated it to me.

A student writing to me only yesterday, said that he was "from Missouri", - he must be "shown". He wanted to know what was the power that went from the healer to the healed, what power "made Life". And a good deal of other talk of this kind. The answer, as you know, is "Go and find out". There is no other way than "feeling after It". PERVASION we cannot "understand", but we know that we are All-Pervading when we FEEL that we are. It is not possible for us to do it with the Intellect - we must use the Soul - and that is the ONLY way.

By faithfully reading this week, and thinking upon, your Thirteenth Commentary you will find much good. This will be a wonderful week of Joy and Peace. For . . . .

> "WE IN MENTALPHYSICS, THROUGH A LIFE OF POISE AND LIGHT AND JOY AND LOVE, ARE LEARNING MORE THAN WE CAN LEARN IN ANY MATERIAL WAY, THOUGH, AS SCIENTISTS, WE HAVE TO PUT OUR LIVES ON THE PHYSICAL PLANE THROUGH THE MICROSCOPE OF THOUGHT ON THE LOWEST PLACE - THUS, GAINING MASTERY OF THE LOWER, FIND THAT WE ARE BEING LED LOVINGLY TO THE HIGHER - - - AND THE HIGHEST OF ALL IS THE SYMBOLICAL INTERPRETATION OF WHAT WE CALL THE 'RESURRECTION' . . . . LOVE TRIUMPHANT."

May this week be for you the very holiest week you have ever known.

Peace be unto you.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.



Written in Faith at
Los Angeles, California, U.S.A.

End of The Seventy-Fourth Commentary,
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES



OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

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COMMENTARY

75

THE GRAND REVIEW (9) Retrospect

BREATHING INSTRUCTIONS FOR THE WEEK :

This week you are to be introduced to a new Breath. I am, of course, to assume that you are now able to breathe - to really breathe, that you are able to retain your breath and feel the inflow of the Divine Force through all parts of your physical body, and that as a result you feel that your mental apparatus is charged with that Elixir which, though you are not able to define or describe to any other living being, YOU KNOW because YOU FEEL IT. I am to assume that you have faithfully carried out all the advanced breaths that you have had revealed to you.

Now, in the Breath that is described hereunder, there must be no strain ; there must be perfect coordination ; there must be silent, peaceful concentration through feeling - as never before, you imagine that the Divine Force is flowing into you - flowing evenly of itself, just as Light shines of itself. Here is the technique:

(a) Assume the sevenfold position - experiment with a cushion beneath the buttocks, so that in the posture you are perfectly comfortable. The wider the knees are apart, and the greater the area occupied by the buttocks, the better.

(b) Sitting erect, with no movement whatever, the spine straight, bring up your arms, so that the upper arm is straight from the shoulders. Then close your fingers as tight as possible into the palms of the hands, with the two thumbs OUTWARD -- not compressed into the fist. The thumbs are to be outward as far as possible, held stiff.

(c) Sitting in this position, you will feel a slight pulling at the Lunar Centre (between the shoulder blades), and the upright position of your body will give you a drawing-in feeling at the abdomen, and there will be a gentle tensing feeling throughout the body.

(d) Place the thumbs opposite the temples, about a half-inch away from the side of the head at the temples. Experiment to see what you feel - is there a sort of "electric" feeling at the tips of the thumbs? Does your hair feel a little magnetic? "Feel" around a little bit, with the breath retained, to see whether you are conscious of a slight tingling feeling at the tips of the thumbs, or a sort of magnetic current between the tips of the thumbs and the temples. If you feel it, that is good. If you do not feel it, imagine that you feel it.

THIS SPACE IS FOR YOUR OWN NOTES



(e) You are now ready to start. Take a deep easy breath and retain ; then grip your hands tight, tighter, tighter, tighter. (The probability is that you will feel your hands begin to move backwards and forwards, the tips of the thumbs almost touching the sides of your head, with a strong vibration of power running through your head and your whole body. It is a very pleasant sensation, and as your grip becomes tighter, there will come unconsciously a corresponding tightening of the whole body, though without strain.)

(f) Hold your breath as long as you conveniently and comfortably can do so, then exhale, and very slowly unlock your grip, slowly dropping the hands to your knees -- WATCHING WHAT IS GOING ON IN YOUR OWN BODY AND YOUR OWN MIND -- in other words, what do you FEEL?

(Important. - Remember that this is not for the profane or uninitiated to practise. It is revealed to you because you have knowledge as to how to proceed. Were you to talk about this to others, they would ridicule you, and if they were to see you in practice, they would not understand. They probably would say that there sits a man merely shaking his hands to and from the head ; but with a little practice you will be able to feel the good effects of the Breath, and then understand what was written in your last Commentary on the Resurrection. This is the Breath of the Resurrection. - D.L.M.)

MEDITATION FOR THE WEEK :

Add to your meditation ----

"MENTALPHYSICS IS SPREADING THROUGHOUT THE WORLD."

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

In your last Commentary we dealt with the Resurrection - the symbology of The Resurrection. Nobody, nothing, can give to you your inheritance ; all that Mentalphysics can do is to point you to the way that you can attain it. As your Teacher, I do not treat you for prosperity or anything else, but I can, and will, through adhering to my own experience and the demonstration of that which I have gained, tell you how you may become the possessor of all prosperity and everything else -- how you may come into the knowledge and demonstration of the Eternal Truth that "I am whatever the Creator is."

In the new Breath to which you are introduced this week, I would like you to feel that a great secret is opening itself within you. The Breath of the Resurrection would mean nothing to almost everyone - even to those who say that they are metaphysically-inclined. Even to many people who profess to have done much study, and possibly some practice, along the higher philosophical ways of life, this new Breath would have no meaning. People will tell you that they KNOW there is "nothing to" what they call "Yoga breathing", . . they heard of somebody who went insane while studying those things, . . . there was a man who permanently injured himself, etc., etc., etc.

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How often have I heard this sort of talk from the ignorant! My reply is that though they thought they were right, they did not KNOW.

(a) Knowing and Demonstrating.

Now, to KNOW means that we can DEMONSTRATE, can bring into reality, prove, establish, verify by manifestation, that which we say we know.

If we keep this thought firmly in the mind, we shall see that most of the things that people SAY they know they do not demonstrate - and cannot demonstrate - so that the Truth is not in them. It is self-evident that the more we DO that which we say we know, the more we have the power to do, and consequently do DO more and more . . . and come gradually, through doing, into mastership, doing without error.

If you will now turn to your Fourteenth Commentary, I would like you to read carefully on page three "(c) The Cause of Differing Opinions." THINK about that paragraph. Meditate upon it.

Then I would like you to analyze yourself so that you come consciously to know what you feel when you are meditating. You will know that, as you get more and more into The Silence, everything seems to die down in consciousness - if, for example, you are conscious in meditation of a person or people, there comes into the mind a sort of intensity of feeling in which that person or those people seem to fade away into the inner substance of your mind, and while they are less pointedly felt in your mind, they are paradoxically more pointedly felt by you. You think of an idea, no matter what it is : as you sit in concentration upon the idea, it becomes clearer and clearer, and then seems to fade out, but in the fading out, you are conscious that you are meeting with that deep spiritual feeling in which you understand everything about the idea, and the idea BECOMES REAL to you.

Now, think of PRANA. Think of LIGHT. THINK of LOVE. In Meditation you become Light and you become Love. Let anyone ask you "What is the Light that you feel . . . what is the LOVE that you feel?" and you would not be able to tell them, for you cannot describe it --- THOUGH YOU KNOW IT more clearly than you know anything in ordinary consciousness.

(b) Analogy from Chemistry.

Go another step. Think of the chemistry of LIFE. Suppose you are a chemist, you know that substances are obtained in the colloidal state (the essential state of existence) either by gathering smaller particles, molecules or atoms into particles of colloidal dimensions or by subdividing material in mass into particles of colloidal dimensions. The first process is called condensation or precipitation ; and the second process, dispersion. From the chemist's point of view, condensation methods are by far the most important in the preparation of colloidal elements. In meditation, we are like the chemist, we get this idea of condensation - we FEEL that through the power of our thought we melt the idea so that it goes back to its first state of Life . . . we condense, we melt our own thought, so that it enters and is absorbed in, so to speak, the Mind of Life Itself, the Mind of God.

Again, in meditation, we seem to be like the miner who takes the rock and crushes it - he grinds it into fine powder, so that the gold is separated from the less valuable or valueless substances ; then he washes away the useless sand, and at last, through the attracting power of the medium of mercury, gathers all the gold together, and thus he gathers to himself the true and full value of the gold.

THIS SPACE IS FOR YOUR OWN NOTES

The Breath of the Resurrection will teach you much. Therefore, I urge you during this week to practise the Breath, and be patient and silent, so that you may be still to be able to know.

(c) Nature's Faultless Law.

Remember, as is shown in your Fourteenth Commentary (last page), that "That which Nature binds, Nature also dissolves ; and that which the soul binds the soul also dissolves."

This week will be a glorious week for you - and for me. Be slow to anger, and plenteous in mercy. Do not view with impatience or anger those who may appear to desire to injure thee. It is inconsistent with Mentalphysics, and with the Divine Wisdom that should govern every Noble of The Light, to betray any great concern about the evils which the world, which the vulgar, whether in robes or tatters, can inflict upon the brave.

"The Law hath not power to strike the virtuous, nor can fortune subvert the wise."

Our whole duty is to live what we know, demonstrating so that all with whom we come in contact may know us not for our words, but for our works.

Peace be unto you today and all the days.

Nomaste.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.



Written in Faith at
Los Angeles, California, U.S.A.

End of the Seventy-Fifth Commentary,
Inner Chamber.

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The Inner Chamber

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COMMENTARY
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THE GRAND REVIEW (10) Retrospect

BREATHING FOR THE WEEK :

Continue faithfully with the Breath of the Resurrection, explained in your last Commentary.

(Do not lightly give up practice of this Breath if you are not able immediately to feel the effects as described last week. Patient practice will show you - and then none can take it from you.)

MEDITATION FOR THE WEEK :

Same as in your last Commentary.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

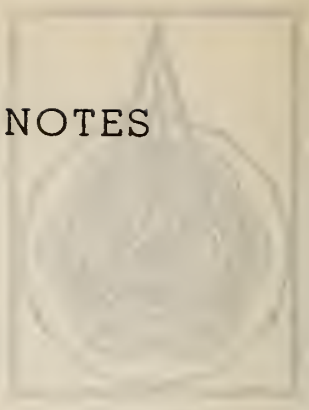
Whether you will agree with me or not, I cannot tell, but of all your Commentaries in the early stages of the Inner Chamber work, your Fourteenth Commentary is so charged with Light that no Commentary will more reward you openly for your search secretly. We shall deal with your Fourteenth Commentary this week in relation to the Breath of The Resurrection, which was disclosed to you last week.

You will have been practising this Breath for a few days, and by this time will doubtless have caught the idea of what it will do for you. The "shaking" feeling will cause you to vibrate your whole body in such a way that you will feel revivified in every cell of your body. Particularly must you watch that the spine is straight, and that the upper arms are straight from the shoulder outwards. Also it will help you if you experiment with the muscles of the arms - tighten the biceps, tighten the triceps, grip the hands very tight, and you will soon find that the thumbs will move, causing first the whole arms to move, and then starting the whole body vibrating. Practice alone will prove it - therefore, practise much!

(a) Aid to Concentration.

The definite purpose of all of your advanced Breathings is to teach you how unconsciously to concentrate upon the thought that you have in your mind. They

THIS SPACE IS FOR YOUR OWN NOTES



teach you how to "lock" your mind, in the same way as, in your early breaths, you were taught to "lock" your buttocks. "Locking" the idea in your mind will enable you more effectually to visualize, so that you see you are undertaking a valuable lesson in holding your own thought so that what you are thinking shall materialize in your life. I quote from page two of your Fourteenth Commentary :

> "Take THOUGHT, as another example : A thought cannot be seen. It is invisible and intangible. I know that you can see the EFFECT of thought, the same as you can see the effect of LIFE, but you cannot SEE Thought and you cannot SEE Life. Take Love - and Peace - and Joy - and Strength, and so on. and so on. Thought can neither be seen, nor handled, nor tasted, but we students in Mentalphysics KNOW that it is chemical in its nature. You may remember the story I told about the woman who, watching a fight, and then getting into the fight in a wordy manner so that she became literally on fire with rage, poisoned her child as it suckled at her breast - THE EFFECT OF THE CHEMISTRY OF THOUGHT."

The influence of a thought, remember, produces an effect which corresponds EXACTLY to the chemical nature of the Thought Itself.

Take this last paragraph and meditate upon it. You will see how vitally important it is for people like us to REALLY THINK WHEN WE THINK - that is, to hold our thought so deeply concentrated that, when we have thought the thought, the work is practically done. For according to the power of our thought, do we develop the energy and attract the substance necessary for our Thought to come out into manifestation.

Our Thinking makes us what we are.
Our Thinking makes us do what we do.
Our Thinking makes everything in our life what it is.

(b) Esoteric Chemistry.

Turn to your Fourteenth Commentary and read on pages three and four the message under "Esoteric Chemistry".

Now, you do agree, do you not, that there is nothing but what thinking has made it so? You realize that you are what your own thinking has made you. You do realize that when it is possible for you to keep your mind on the highest things of life, the highest things that you are evolutionarily capable of understanding and controlling will come to you . . . in other words, your life -- all that you do and say and feel and think -- will be in correspondence with your own high thought. Do not feel that I am insulting your intelligence when I speak to you like this. Mastership is not easy of attainment. There are many, many people who declare that they have "learned" something, but they are very far from being able to prove to you what they say they have learned.

You, as a Noble of The Light, can agree doubtless with everything that you have had presented to you in your Commentaries, and you believe that you have the power and the ability to DO all that you have read about . . . but DO YOU DO IT? "Well," you will admit, "no, I do not fully manifest what I believe I am learning to visualize." Then, WHY is it that you have not manifested? Is it not because you have not through practice brought your THOUGHT into that state of one-pointedness where, when you are thinking upon one thing, you cannot yet close out all else from your mind but the one thing you are thinking upon?

Here, then, comes the other exercise which, when used with the Breath of the Resurrection, will teach you much and help you to concentrate one-pointedly. This

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exercise must not be hurriedly taken in hand - you must give yourself time, and you must regularly carry it out. There will be no benefit - or practically no benefit - if you take this up one day and leave it the next . . you must be faithful in your practice daily (better, twice or three times a day). If you will carry it out regularly and faithfully and silently, I can promise you much.

(c) Exercise for Higher Concentration.

Here, then, is the exercise:

Posture - Either of the following :

(a) The sevenfold position, with the palms of the hands upwards.
(b) Sitting in the "tailor-fashion" position, with the palms of the hands over the eyes, with the head downward, the spine bent as you lean forward.
(c) Lying flat on your back, the right (positive) leg over the left (negative) ; with the palms of the hands over the eyes ; preferably in a dark room.

Breathing -

(a) Take two or three long breaths, with the distinct objective of feeling that you are connecting yourself, through your own breath, with the Universal or Holy Breath.

(b) Remain still, watching your Breath until you feel that you are perfectly at peace, but inwardly mentally alert and full of watchfulness in regard to what you feel.

Your Thought and Feeling -

(a) As you sit, imagine that you can see yourself thinking - that all that is going on within your mind is being melted into itself - that you are contacting the very Mind of Life Itself within you. Imagine that you can FEEL this, and so conscious are you of that feeling that you are not conscious of anything else. The body seems to have lost itself - it seems to be wheels within wheels, going in all directions, and as for you, you are merely the alert silent watcher. You see that you are, and feel that you are, united interiorly with THAT in which you live and move and have your Being.

Technique of the Exercise -

You are now ready to begin.

"And now I imagine before my mind deep, dense, black darkness - impenetrable, inky blackness. . . .

"Now I see a tiny point of golden LIGHT - the size of a pin point. I watch it, watch it, and I see it grow larger - it is the size of a pea. . . .

"I watch it - it grows larger --- it is the size of a dime. . . .

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"It grows larger, larger -- it is the size of a nickel. But its light does not radiate outward from itself - but seems to radiate from point of its circumference inward to the center of itself. . .

"I watch it, and it grows larger and larger -- it is the size of a quarter.

"It grows larger, larger -- it is the size of a half-dollar.

"It grows larger, larger -- it is the size of a dollar. . . .

"And now, as I watch it, the narrowing circumference gives way before the Light, as it spreads evenly outward, outward, larger, larger, until I am conscious of nothing but LIGHT, LIGHT, LIGHT."

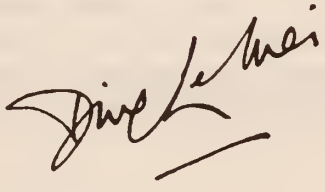
Now, this seems a very simple thing to do -- and it is, . . when you know the way. This is but a small part of the exercise, and the remainder will be revealed to you in your next Commentary. Therefore, you are counselled to practise sitting in the silence this week and going over and over this simple exercise of Creating the Kingdom of Light within you. Do it again and again, until you feel that you can, at will, create the darkness and then transform darkness into brilliant golden light, light, light.

It is best to sit in a completely dark room to do this.

During this week Practice this as much as you can. You will find that you will be able to create your Kingdom of Light at any time in any place, and in learning this you will have gained something that is of great value to you. We shall return to the exercise in your next Commentary.

Be happy - give thanks . . . . peace - peace - peace - peace - peace - peace - peace.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.



Written in Faith at
Los Angeles, California, U.S.A.

End of The Seventy-Sixth Commentary,
Inner Chamber.

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COMMENTARY
77

THE GRAND REVIEW (11) Retrospect

BREATHING INSTRUCTIONS FOR THE WEEK :

1. Follow the Breath of the Resurrection, doing this morning and night, but not immediately AFTER meals. Be watchful.

2. Follow the silent breath to which you were introduced in your last (Seventy-sixth) Commentary, giving as much time to this as possible, preferably at night. Do not engage in this breath when you are very tired, for you may fall asleep and lose all the beauty of the Breath in unconsciousness,

MEDITATION FOR THE WEEK :

"MENTALPHYSICS IS SPREADING THROUGHOUT THE WORLD."

(In your Meditation, realize what Mentalphysics really is. What does it mean to you - has it transformed you by the renewing of your mind . . is it immeasurably dear to you . . are YOU a different person because of Mentalphysics? If so, then visualize great numbers of people just like you undergoing similar benefits on the physical, mental and spiritual planes of life.)

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

In your present Commentary I wish to amplify instructions regarding the Breath given to you in your last Commentary, and I counsel you to give much time this week not only to reading what I write, but to experimentation. You will realize that I can only give you in words - and then very incompletely - the result of my own experience . . . (I can tell you much about the Breath, what I do, what I feel, what I see and so on ; but that does not necessarily teach you anything -- YOU MUST DO YOUR OWN WORK, and you must be sufficiently alert as to be able to

THIS SPACE IS FOR YOUR OWN NOTES

discern your own phenomena and also carefully assiduous that you may correctly analyze it.

There are many people who desire the sacred gifts of life, and believe that they will come by them in some mysterious manner ; but there is only ONE way - and that is by working for them. Nature will only unbosom herself when we go silently and constantly to her in absolute sincerity, but the grand truth is that she always rewards us in exact relation to our intensity of desire to know. You, too, will have noticed this : The whole human race practically is aching for a better condition of human society, but so very few are prepared to work for its realization. So few have the perspicacity to see that, while aware that the WHOLE Force of Life is ever-present, and that we are all a part of it (for it is what we live and have our being in), the Divine Force of Life must be taken from its unregulated or ill-regulated state and economized and managed, and made to work for us . . . and there is only one way that this may be brought about, and that is by working to learn the secrets so that we may properly harness it in our lives.

Divine Force unregulated is like gunpowder burned in the open air, like steam unconfined. Force must have a Director behind it, - then follow sublime conquests. THOUGHT is your director. The Force of the Creator is in equilibrium with Divine Wisdom - then comes Harmony. So we see that the universe rests on the triangle of

FORCE		POWER		TRUTH
WISDOM	or	INTELLECT	or	LIGHT
HARMONY		HARMONY		LOVE, which is Harmony.

The power of God is in equilibrium, perfect balance, with His Wisdom - then universal harmony. Similarly, when your power is in equilibrium with your wisdom, then harmony in your life. This comes only through practicing the right use of our wisdom in what we do, then follows success and joy and health and Right Living. But, again, we have to work for it.

(a) Exercise for Higher Concentration.

Now, turn back to your last Commentary (No. 76) , and we will go further into the exercise for Higher Concentration. Read carefully what has been written on page 3 - 4, so that you understand --

"I AM CONSCIOUS OF NAUGHT BUT LIGHT, LIGHT, LIGHT."

This idea may seem to be much simpler than it is, and the exercise much more easy than it is ; its infinite beauty can only be realized through practice. When you have reached that perfect state of peace, in which you are conscious of Light, this must be the thought, the feeling, the understanding within you :

"I SEE the Light - I feel the Light. In the center I see My SELF, radiant, serene. ALL is ONE. As within me, so without ; as above me, so below. . . North, south, east, west - all is the same ONE. The waves of Light that I feel coming to me are the same as I feel within me, I - the Self - sitting triumphant within the inmost citadel of Being. ALL IS THAT - ALL IS THAT!

"In the CENTER of this infinite ocean of Light, I AM. (Give much thought to this . . I AM . . . I know that I become what I say - in other words, as I declare the Truth, the Truth makes me free. Therefore, knowing myself in the center of the self-created Kingdom of Light, knowing that I AM in the center, then I declare the Truth . . . . .

THIS SPACE IS FOR YOUR OWN NOTES

I AM . . . WHOLE
I AM . . . PERFECT
I AM . . . STRONG
I AM . . . POWERFUL
I AM . . . LOVING
I AM . . . HARMONIOUS
I AM . . . RICH
I AM . . . YOUNG
I AM . . . HAPPY

I A M T H A T I A M
****

IN THE CENTER I AM THE MASTER,
AND WHAT I SAY IS THE SEED OF
WHAT I GROW INTO . . I AM THAT!

(b) The Nine Positives

Then go deep into meditation on the Nine positives - or any other phase of thought and understanding that you prefer, so that you engage not in meditation of any specific thing, but on the eternality of life. The following is a suggestive method.

"I am in the Light - I see myself in the CENTER of the LIGHT - I see and feel that there is not any space whatever for aught other than Light - there is not a single pin-point of space or vacuity or vacuum . . ALL is Light. And here I sit, humble and mighty, serene and silent yet conscious of all the infinity of Life activity within the silence of my spirit - I am linked with the Universal Spirit and Universal Life." Now. . . .

* * * I AM WHOLE . . . whole as the LIGHT is whole. Serenely I watch it - I feel it - am one with it . . . I am Whole.

* * * I AM PERFECT . . . As I speak the words, with the calmness of eternal love within me, I SEE the perfection of the Light. I SEE from the center of the center of the center of centers a wavelike motion, going outward and making the Light still more bright (think long on the word "Perfect"). I am Perfect as the Wholeness of the Light is perfect. I am Perfect.

* * * I AM STRONG . . . Into my consciousness there now comes a different FEELING . . . In the silence of myself I feel, I imagine that I feel, STRENGTH - infinite, glorious, wondrous strength. The wavelike motion that I felt when thinking of "I am Perfect" is now realized, and I KNOW that I am strong --- not a point of weakness anywhere --- as the Perfection of the Wholeness of the Light is strong. I am Strong.

* * * I AM POWERFUL . . . Having come into an extremely fine vibration by this time, I now meditate upon Power. Power! I KNOW that I am power, but I know that power has to be regulated and controlled ; to it there has to be attached wisdom ; when power is directed by wisdom, conquests are made. I am Power . . I feel it . . I know it, and I am so serene in my power of transmutation that I know that the Divine Power within me is directed and controlled by the Divine Wisdom within me. . . I am Power.

* * * I AM LOVING . . . I have now, as an alchemist, come to see what intensity of action there is in the non-action of the Kingdom of Light within me. I see all . . I feel all --- and I know that all radiates from the Infinite Center outward to every living thing. I know that as I give outward, the more I give the more I have, to give and gain. . . I see all this is upheld by LOVE - which cannot be explained, which can only be felt . . . and which the ALL embraces. . . . I am love.

THIS SPACE IS FOR YOUR OWN NOTES

* * * I AM HARMONIOUS . . . Think of harmony -- its different phases. Think of it as a picture, or think of it in words -- and FEEL the essence, the hidden meaning, of the words - thus: peace, tranquillity, calmness, untroubledness, concord, symphony, unity, concertedness, fraternalness, accord, quietude, silence, balance, justice, etc. I am harmonious as Love, as powerful as love, as strong as strength, as perfect as love in the power and strength and perfection and wholeness of The LIGHT. I am harmonious.

* * * I AM RICH . . . Now, looking deep within my own soul in the Harmony of THAT, I realize its riches. Think of "Supply", and FEEL that you are your own supply -- not in one particular direction, but in ALL directions, for you ARE the Creator in human form. I am rich.

* * * I AM YOUNG . . . As I proceed to write I have no words. The feeling cannot be described or defined. You will meditate that, as you KNOW that Youth is the first reflection of Life, so are YOU Youth. You will feel that you are so near to the Primordial Force of Life, and that you are so immersed in the Wisdom of Life, that you know Youth . . . that YOU ARE YOUTH. I am Youth.

* * * I AM HAPPY . . . Finally, I come to the state of bliss . . I am not conscious of particularities, nor of people or things . . . I am conscious, and am lost in, THAT - the Absolute, the quality of the Higher Soul of Life. I am Happy.

Now, my Beloved, what I have written above is merely as a guide to you. None can describe the infinite beauty of meditation for another. When we are on the Heights, we can come fully to know for ourselves, but we cannot tell another. What I advise you to do is to sit quietly until you have come to that state of consciousness where all is still - the body is gone : it is nowhere, it is everywhere; it seems to be going in all directions, wheels within wheels -- and then take each word and meditate upon it and feel the different shades of thought and feeling that will immerse your soul. Take each of the Nine Positives, meditating one-pointedly upon each word, and leading yourself deeper and deeper into the spirit as one word and its various shades of meaning succeed that which has gone before.

In my classes at The Institute this exercise is always one of the most beautiful of all our exercises. The vibration is extremely high always. YOU can develop the same vibration, and if you will practise I can assure you of something entirely beyond power to express that will come to you through this exercise. At the end of your meditation, though you will be immersed in LIGHT, you will be able to feel that -----

I AM HAPPY . . . in the YOUTH (I am young) . . . in the RICHES (I am rich) . . . and in the HARMONY (I am harmonious) . . . and in the LOVE (I am loving) . ... and in the POWER (I am powerful) . . . and in the STRENGTH (I am strong) . . . and in the PERFECTION (I am perfect) . . . and in the WHOLENESS (I am whole) . . . of THE LIGHT.

This week should be a week of great unfoldment for you. There is no higher (or simpler) method than this. See to it that you get the most out of it.

Written in Faith at
Los Angeles, California, U.S.A.

Sincerely your Teacher, in Fraternal Bonds of Joy and Hope.

End of The Seventy-Seventh Commentary,
Inner Chamber.

Dino Lentini

THIS SPACE IS FOR YOUR OWN NOTES

OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

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COMMENTARY

78

THE GRAND REVIEW (12) Retrospect

BREATHING EXERCISES FOR THE WEEK:

1. Engage in whatever breathing you care to this week. Your breathing should embrace a certain amount of PHYSICAL breathing, but it is likely to that you incline more towards silent breathing now. Never forget that your body NEEDS a certain amount of essentially physical breathing, though you are to be the judge.

2. Practise faithfully the silent breath (which has no name) outlined for you in your two previous Commentaries (76 and 77). You should endeavor to feel yourself all the day long in its vibration.

MEDITATION FOR THE WEEK:

Same as in your Last Commentary. Meditate earnestly.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

On one occasion Laotze (the great Taoist sage) saw Confucius engaged in study, and asked what book he was reading. "The Yih-king (the Book of Changes)," replied Confucius (Kung-fu-tze, the Chinese pronunciation); "the sages of antiquity used to read it also." "The sages were able to read it," answered Laotze; "but you, to what end do you read it? What is the groundwork of the book?" "It treats of humanity and justice," answered the sage. Then Laotze said : "The justice and humanity of the day are no more than empty names ; they only serve as a mask to cruelty, and trouble the hearts of men ; disorder was never more rife than at present. The pigeon does not bathe all day to make itself white; nor does the crow paint itself each morning to make itself black. The heaven is naturally elevated, the earth is naturally gross ; the sun and the moon shine naturally ; the stars and planets are naturally arranged in their places ; the plants and trees fall naturally into classes, according to their species. So, Sir, if you cultivate TAO, if you throw yourself towards it with all your soul, you will

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arrive at it. To what good is humanity and justice? You are like a man who beats a drum while searching for a truant sheep. Master, you only trouble man's nature."

In this passage we have a clear exposition of the leading differences between the "outer" and the "inner" conception of Life. Confucius would have men practice humanity and call it humanity ; he would have men dutiful to their parents, and call it filial piety ; he would have men serve their sovereign with their whole heart, and call it loyalty. Laotze, on the contrary, declared that when men professed to be humane, filial and loyal, it was a sure sign that the substance had disappeared, and that the shadow only remained. The pigeon is not white on account of much bathing, nor does the crow paint itself. "If," said the Taoist philosopher, "the pigeon began to bathe itself, and the crow to paint itself, would it not be a sign that they had lost their original colors?"

Is this not apropos to Mentalphysics. We MUST LIVE what we KNOW - then there will be no need to TALK much. "Have no tongue!"

If all men were humane, filial and loyal, no one would profess these virtues. If all men were virtuous, the very names of vices would be unknown.

(a) Majesty of the Nine Positives.

In your silent breath in which we deal with the Nine Positives, reviewed in your last two Commentaries, you have the means of transmuting all that you are and all that you know into THAT ONE in which we live and move and have our being. I counsel you - indeed, I cannot counsel you too much - to practise this glorious exercise as much as you can.

I daresay that you are now just beginning to catch the inner beauty of those four simple words - "BE HAPPY --- GIVE THANKS". In our Commentaries as you go forward you are more nearly approaching the inner meaning of these words. Can you see that when we know their true INNER meaning, there is nothing more that we need to learn? If you, dear Noble of The Light, were to forget everything that you have learned from me, I would not regret anything if you were to learn and practice this one secret exercise of the Nine Positives. I believe that it is the greatest secret exercise that has so far been brought to your attention. To say that you will "Learn it" means nothing until you are so immersed in its truth through your own feeling that you can "make it work" constantly in your life.

If you were to forget all and still have this one exercise left for you to begin with again, all would be well; for it is of majestic importance to you.

I have often, in my public speeches, declared that if it were necessary for me to lose completely all that is in my consciousness, but that I were given the chance to choose but one single idea with which to begin again, I would ask that there be retained in my consciousness the power to "Give Thanks". Gratitude is the regal virtue. The more we practise the breath of the Nine Positives, the more truly do we understand Gratitude. How? --- Practise and find out.

(b) Meaning of True Charity.

And gratitude causes us to give. How closely allied are Charity and Gratitude. A right understanding of the Nine Positives causes us to be charitable. But how few understand True Charity?

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If one gives a gift only after he has been importuned, or because it is easier to give than not to give, it is charity, of course, but not TRUE CHARITY. True Charity gives freely from a sympathetic heart before any request has been made and True Charity is not occasional but is constant. Nor is it true Charity if, after the act, there are feelings of regret or self-praise ; for True Charity gives with pleasure, forgetting himself as the giver, the one who has received the gift and the gift itself. True Charity springs spontaneously from a merciful heart, with no thought of any return or of any inconvenience, or even of life itself, desiring that only others with the Self may enter into a life of enlightenment.

(Note: As you doubtless are aware, in certain schools of Buddhism, The Path of Charity is the first of the six paths that reach Enlightenment, the others being the Path of Right Behavior, the Path of Endurance, the Path of Endeavor, the Path of Concentration of Mind, and the Path of Wisdom.)

(c) Equilibrium the One Goal.

And all makes for an understanding of the Divine Equilibrium which is the basis of the Universe. The following are phases of that Equilibrium which we Nobles of The Light will do well to ponder :

(a) That Equilibrium between the Infinite Divine Wisdom and the Infinite Divine Power, from which result the stability of the Universe, the unchangeableness of the Divine LAW, and the Principles of Truth, Justice and Right, which are a part of it. Also the supreme obligation of the Divine Law upon all men, as superior to all other law, and forming part of all the laws of men and nations.

(b) That Equilibrium between the Infinite Divine Justice and the Infinite Divine Mercy, the result of which is the Infinite Divine Equity and the harmony and beauty of the Universe --- teaching us that forgiveness and forbearance are wiser than revenge and punishment.

(c) That Equilibrium between Necessity and Liberty, between the action of the Divine Omnipotence and the freewill of Man, by which vices and base actions, and ungenerous thoughts and words are crimes and wrongs, justly punished by the law of cause and effect, though nothing in the Universe can happen or be done contrary to the Will of God.

(d) That Equilibrium between Good and Evil, and Light and Darkness in the world, which assures us that all is the work of the Infinite Divine Wisdom and of the Infinite Divine Love ; and that there is no rebellious demon of Evil, or Principle of Darkness co-existent and in eternal controversy with God, or the Principle of Light and Good.

There will come to your mind many other phases of the Equilibrium of Life. The above, as some may recognize are the Masonic expression. What we Nobles of The Light are seeking, and through practice coming day by day to know through our advanced enlightenment, is that Equilibrium between Ourselves and God --- that "Whatever the Creator is, I am." That is the final test and understanding of Equilibrium, though few there are who are ready for that supreme knowledge and wisdom of Life Itself.

THIS SPACE IS FOR YOUR OWN NOTES

I advise you this week to REST in The Lord. Wait patiently for him, within thee.

As I write I see myself as a little boy, with a good treble voice, singing as a solo "Oh, Rest in The Lord" in our old chapel down in the West of England whenever there was a funeral. As soon as any member of the church passed on, the old organist contacted me for the event, and as a boy I used to pout a good deal when I was called in to sing "that old song again", and being robbed of my playtime for the purpose. At that time, though they told me that I used to sing the song like a little angel, I admit that I saw no sense to the words . . . indeed, they did not make sense.

But today I know the inner meaning of those majestic words :

"Oh, Rest in The Lord,
Wait patiently for him, and
He will give thee thy heart's desires."

It is the WAITING that is hard for most of us. We all desire to know it all much more quickly than we are evolutionarily developed to understand. But it has been my experience that whenever we do truly wait on The Law, our reward in the shape of our heart's desires comes rapidly and surely.

Therefore, My Beloved, make all the use you can of the silent breath that has been disclosed to you . . . practise, practise, practise so that at any time, anywhere, you will be able to create your own Kingdom of Light within you . . . knowing that as you practise, so that equilibrium between you - and all that you know yourself to be - and the Eternal Lord of Life will be established . . . and established WITHIN YOU.

Be happy, then, this week. Let the Light shine within your consciousness and KNOW that your silent inward attitude towards the Lord within is awakening the Eternal Spirit, causing all barriers to be broken down and bringing into Light the Truth of Truths . . . "Whatever the Creator is, I am."

Feel yourself near to me as your humble Teacher.

Feel yourself here with us at The Institute.

Feel that the whole world is your Kingdom.

Feel that the Wisdom that is in Every Living Thing is your OWN, and that you are the creator of the glorious Universe within you which is unfolding in its eternal beauty.

Noble of The Light, give yourself to patience and forbearance and joy.

Feel that you are bathed in Joy, and that Youth and Truth and Health and Peace are your constant companions.

Peace be unto you today and all the days.

Sincerely your Teacher, in Fraternal Bonds
of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.

End of The Seventy-Eighth Commentary,
Inner Chamber.



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The Inner Chamber

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COMMENTARY
79

THE GRAND REVIEW (13) Retrospect

BREATHING EXERCISES FOR THE WEEK :

(a) By this time you should be improving in the technique of The Breath of the Resurrection, to which you were introduced in your Seventy-fifth Commentary. It will doubtless be apparent to you that in these advanced Breaths, very little "instruction" can be given to you, for their correct execution can only come with practice.

(b) The Breath of the Resurrection is not by any means an "easy" breath, even to those who are in perfectly strong physical condition, while those who are, for instance, carrying too much weight, or who have difficulty in adjusting their bodies to Mentalphysics Breathing practices, will naturally require more time to become successful in this Breath. However, as in all things, practice makes perfect. Therefore, practise!

(c) I may advise you about BALANCE in this Breath of the Resurrection. As you find the posture, and gradually feel the intensity of the force that comes through the gripping of the hands, look within yourself for balance in the body . . . watch if you can feel in the forearms the same feeling of balanced tension that you feel in the buttocks, whether the pressure in the lunar zone (between the shoulder blades) is identical with that in the solar zone (in the region below the ribs), whether the feeling in the Spiritual Zone (at the top of the head) is identical with that at the bottom of the feet . . . and so on. What I am trying to tell you is that the whole body should be in balance, and you should be able to feel that balance, so that every cell in the body may be evenly charged with that Divine Force which you have trained yourself to feel within you.

MEDITATION FOR THE WEEK :

Same as in your last Commentary. Read carefully the references thereto in this Commentary.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

As I commence to write this Commentary, for you, I feel within myself that I KNOW what I want to say . . . but HOW to say it?

THIS SPACE IS FOR YOUR OWN NOTES



I would that it were possible for you to be here with me in my study, so that we could talk and explain and PRACTISE together. As that cannot be, I want you this week, every night when you take up this Commentary, to FEEL THAT WE ARE TOGETHER. I would like you to sit in the meditative mood, and feel that you are projecting yourself into my presence . . . imagine that you can hear my voice in the wording that appears in your Seventy-seventh Commentary, commencing under (a) Exercise for Higher Concentration and going right on to the end.

First, thoroughly familiarize yourself with this affirmation - indeed, if you can do so, memorize it ; but in any case get the FEELING that you understand the wording. As previously explained to you, this exercise for higher concentration embodies a deep secret, but the secret is made essentially simple - all that is required of us is that we do the work.

Second, I am to assume that you have practised, and that in your practice you have been able to develop the silence of yourself (or develop yourself in the Silence) so that --

(i) You can go through the Nine Positives in deep concentration, and at the end feel that in the Kingdom of Light that you have created there is not anything BUT light . . . that you can "see" or "FEEL" yourself in the very center of the center of the center of centers of yourself.

(If you can, then chant the word "P-e-a-c-e" evenly and long, several times, watching your breath as you do so feeling that you are intensifying the Light to the point where it absorbs you - you are not conscious of your mind or conscious thinking . . . that you are only conscious - or super-conscious - IN THE LIGHT.)

(ii) After you have done this, taking each of the Nine Positives and demonstrating to yourself all that you possibly can, you will come to the point where there is neither east, nor west, nor north, nor south - where above, below, within, without will be the ONE ESSENCE, the ONE, the PRESENCE. All will be so still and tranquil, so balanced and serene, that you will feel the Equilibrium of Peace and Non-action of the Life of you within you . . . you will become so still as to know Absolute Silence. You are the Silent Watcher.

(In that Silence you will know that you are the "I AM". You are linked with it. You are absorbed in it. You are so lost in it that you feel Its extreme Action and Life within the Non-action of yourself.)

Now, my Beloved, if you are able to get to this state, then I ask you to think. To think, and as you think feel, as you have never felt before, that the Higher Ones are with you, making clear to you the secrets of higher knowledge of Life Itself.

(a) WHAT IS THE "I AM"?

Come along with me, and endeavor to FEEL what I am saying. We are seated together. We FEEL THAT WE ARE IN THE PRESENCE - but what does "in the Presence" mean? What is the "I AM"? What does "I AM THAT I AM" MEAN? I will try to explain and make clear as we go slowly along, seated together, so that the Higher Ones can help us.

We know that we are the Creators of our Own Universe. We know that we are the Creator in human form, and that, through our thought, we - apparently unconsciously, and yet very definitely consciously - create our own Universe . . . so that we then come to see the Universe (which we have created through our mind) as WE ARE, not as it appears. Not until we are able, through the exercise we are discussing in this Commentary, to arrive at that state of consciousness when we know ourselves as in the center of the center of the center of centers, can we understand this secret of the "I AM".

If you can FEEL this infinite depth of the Silence in this exercise, you will be able to follow me. I can only tell you what I myself feel, but we are all alike when we discipline ourselves in spiritual practices.

THIS SPACE IS FOR YOUR OWN NOTES

Now, in that center of centers I SEE MYSELF lost in the infinity of the ocean, just as the dewdrop loses itself ; but while I am lost, and can enjoy and can call upon and use the ALL of the All (if I develop myself to that point), yet I retain my consciousness, so that I see myself as the Center . . . still, silent, unperturbed, immovably fixed in peace, in the center of the "I AM". Seeing myself thus, and feeling the Causality of the Center, I am ready to begin.

(b) THE MYSTERY OF "THE WORD"

These words - you have heard them before:

(A) "In the Beginning was the Word, and the Word was with God, and the Word WAS GOD."

(In this exercise I bring myself to the "Beginning" - there is no space, there is no time - all is THAT. I bring myself to thatstate of Essentiality, to Primordiality, to Causality, to the Eternality of Life. The WORD is hidden within me ; it is "with God" within me ; The Word is God . . . "and the word was God.")
within me

(B) "The same was in the beginning WITH GOD."

(C) "All things were made by him ; and without him was not anything made that was made."

(D) "In him was Life, and the life was the life of men."

I COUNSEL YOU TO THINK MUCH ON THESE WORDS IN THE LIGHT OF WHAT YOU HAVE ALREADY LEARNED. SIT LONG AND THINK FREELY ABOUT THE "WORD" AND "GOD". YOU WILL SEE THAT THE "WORD" IS THE CREATIVE ACTIVITY OF GOD, THE COMMENCEMENT OF CREATIVE FORCE IN ACTION --- THE "WORD" STARTS THE PROCESS OF MANIFESTATION.

YOU WILL SEE THAT THERE WAS NOT ANYTHING MADE THAT WAS MADE BUT BY THE "WORD".

YOU WILL SEE THAT IN THE "WORD" IS LIFE.

YOU WILL SEE THAT THE LIFE OF THE WORD IS THE LIGHT OF MEN.

YOU WILL SEE THAT THE LIGHT OF YOU IS THE THOUGHT OF YOU.

YOU WILL SEE THAT BY THE RIGHT USE OF THE THOUGHT OF YOU, YOU CREATE YOUR UNIVERSE BY THE USE OF THE "WORD", WHICH BECOMES FLESH.

(c) THE WORD IS OUR CREATIVE INSTRUMENT.

There is much in this Commentary that cannot be "explained", but it can be realized. The "WORD" of you is the Light of you, and the LIFE of you.

You create your Universe by what you SAY. Then, when you SAY (declare the WORD) what you say in the Nine Positives, you are bringing into existence, by virtue of being the Creator of your own Universe, that which you know . . . and what you know is your Universe.

I MEAN THAT, IN THAT DEEP STATE OF TRUTH INTO WHICH YOU BRING YOURSELF IN THE CREATION OF YOUR KINGDOM OF LIGHT, when you declare "I AM WHOLE", you CREATE Wholeness. As you contemplate in deep concentration, leading yourself into meditation, what

THIS SPACE IS FOR YOUR OWN NOTES

WHOLENESS TRULY MEANS, you cannot but CREATE it, feeling it, seeing it, BEING it --- for True Being is WHOLE.

Sit and contemplate this profound Truth in relation to all the others of the Nine Positives, and you will find that you have within your grasp the means of creating and sustaining a Perfect Universe in a Perfect Light. This is the First Resurrection - hence "The Breath of the Resurrection".

(d) THE ROAD TO WISDOM.

As I conclude this Commentary, I am so full of feeling of Divine Wisdom in my own soul that I hope that these words will convey to you the same understanding. Seek earnestly after Wisdom, my Beloved.

> "Who is this that cometh out of the wilderness like pillars of smoke, perfumed with myrrh and frankincense, with all powders of the merchant?"

Ah, Candidate, let US seek all the powders of the merchant. Let US seek for that wisdom which is more precious than rubies. Let US be like Solomon and be for ever seeking the Living Light. I close this Commentary by quoting from the author of The Hermetic Mystery :

> "And Solomon with marvelous eloquence and beauty that remains unrivaled, celebrates the revelation of that Living Light which became known to him, with the mysteries of universal creation, not by outward teaching or rational inference from effects, but by the Conscious Intuition, as he relates it, of only one night."
>
> "God hath given to me," says the Wise King, "a certain knowledge of the things that are, namely, to know how the world was made, and the operations of the elements. The beginning, ending and midst of the times: the alterations and turnings of the sun: and the changes of seasons. The circuits of years and position of the stars. The natures of living creatures and the furies of wild beasts; the violence of winds and the reasonings of men; the diversities of plants and the virtues of roots. And all such things as are either secret or manifest, them I know. For Wisdom, which is the Worker of all things, taught me. In her is an understanding spirit - holy, only begotten, manifold, subtle, lively, clear, undefiled, plain, not subject to hurt, loving the thing that is good: quiet, which cannot be letted, ready to do good, kind to man, steadfast, free from care, having all power, overseeing all things, and going through all understanding, pure and most subtle spirits." -- (Wisdom of Solomon, VII.9).

Be happy this week. No harm shall come nigh unto thee. Every day you shall come to me at The Institute - my strength thy strength, and thy strength my strength.

Peace be unto you - Today, and all the days.

Sincerely your Teacher, in Fraternal
Bonds of Joy and Hope.



Written in Faith at
Los Angeles, California, U.S.A.

End of The Seventy-Ninth Commentary,
Inner Chamber.

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COMMENTARY
80

THE GRAND REVIEW (14) Retrospect

BREATHINGS FOR THE WEEK :

(a) Practise the Breath of the Resurrection as much as you feel you wish to.

(b) Enter into SILENT Breathing as often as possible, and, in doing so, feel The Light so intensely that as a result of this week's practice you will NEVER AGAIN be at a loss to know how to create the Kingdom of Light within you.

In your Silent Breathing, gratefully feel that you are one of the Royal Family of Mentalphysics. Feel yourself very near to your Teacher - to the Institute - to everyone in Mentalphysics wherever they may be - to every True Seeker and Toiling Pilgrim along The Path - to EVERY LIVING THING.

MEDITATION FOR THE WEEK :

"I COME INTO THY PRESENCE WITH THANKSGIVING."

It is not he that reads most, but he that meditates most on Divine Truth that knows most. By this time, I dare say that you are always more or less in a state of meditation --- I mean that, when your mind is not actively engaged in some particular form of action, you find yourself divinely bent to meditation. . . . . (This is as it should be, for we should discipline ourselves to constant "communion".) You are expected to meditate much on the true success of Mentalphysics, and the best method is in our own Spiritual Breath. We visualize large numbers of people coming into our beloved philosophy, and we assure ourselves we are individually doing our best. WHO WAS THE LAST STUDENT THAT YOU BROUGHT IN TO MENTALPHYSICS? Think on these things. We owe a great debt to Life Itself -- let us help others share what we ourselves have found.

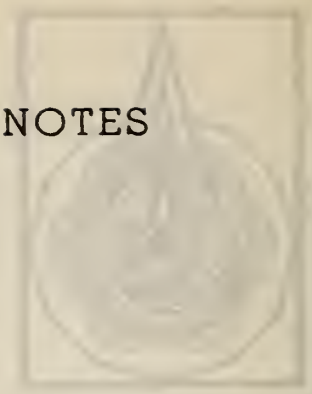
My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

I quote again for you the following, which will be another means of your comprehending the inner meaning of your sacred breath described in your Seventy-sixth Commentary, and referred to in later commentaries. It is taken from Oahspe:

Page 1.
The Eightieth Commentary.

THIS SPACE IS FOR YOUR OWN NOTES



"ALL was. ALL is. ALL ever shall be. The ALL spake, and MOTION was, and is, and ever shall be ; and, being positive, was called He and Him. The ALL MOTION was His speech.

"He said, I AM. And he comprehended all things, the seen and the unseen. Nor is there aught in all the Universe but what is part of Him. He said : I am the soul of all ; and the all that is seen is of My person and My body.

"By virtue of My presence, all things are ; by virtue of My presence is Life. By virtue of My presence are the living brought forth into life. I am the QUICKENER, the MOVER, the CREATOR, the DESTROYER. I am FIRST and LAST.

"Of two apparent entities am I, nevertheless I AM BUT ONE. Those entities are the UNSEEN, which is POTENT, and the SEEN, which is of itself IMPOTENT, and called Corpor.

"With these two entities, in likeness thereby of MYSELF, made I all the living ; for as the life is the potent part, so is the corporeal part the impotent part.

"Chief over all that live on the earth I made man ; male and female made I them. And that Man might distinguish Me, I commanded him to give Me a name ; by virtue of My presence commanded I him . . . . . "

Read the above in connection with my comment on THE WORD in your last Commentary. Let the thought rest in your mind that YOU ARE THE ONE WHO SETS THE FORCE IN ACTION, and that the result of that action is your life.

A SONG OF THANKSGIVING

I want this Commentary, My Beloved, to be a Letter of Love from me to you. You have been in Mentalphysics long enough to know that, while I consider myself, with deep reverential simplicity, to be your Teacher, I have made no demands of you such as teachership in the true sense gives to the Teacher. For you, though perhaps I have never met you, I feel only the highest Good. In you I see no evil - of you I speak no evil - about you I hear no evil.

This Commentary is written to you, happily enough, on Thanksgiving Day. While we know that EVERY DAY is Thanksgiving Day, and EVERY day is Christmas Day, and so on, it is well that, at these seasons, we take an inventory. We Nobles of The Light KNOW that to Give Thanks is the most necessary, the most wise and the most sacred privilege of life. As your Teacher, I look into my own heart and mind and find that it simply is not possible for me to enumerate the countless phases of knowledge and life activity that have come to me for which I would give thanks. If I were to take a pad of paper and put down the many things of which I am cognizant and for which I am grateful, I would find that they would simply automatically increase ad infinitum.

Suppose, for instance, I were to begin with "HEALTH" : I would find that the one word HEALTH would widen itself, so that numerous phases of the expression of Health would come into my mind, such as -

(a) My glorious body as a unit - vigor, beauty, power, speed, virility, soundness, robustness, and so on - and on. The knowledge that "I", through my body, am a factor in civilization ; that "I", through my body, am able to do whatever I decide or desire to do. From this kind of thinking, there will emerge in my mind -

(b) My glorious body as an organism for the conversion of food and air into Energy and into Tissue - My mind will run to the basis of the body's

THIS SPACE IS FOR YOUR OWN NOTES

structure, cells, tissue and organs. To the marvelous framework of my body - the bones, the joints, the muscles ; to the Digestive System of my body ; to the Respiratory System of my body ; to the blood and Lymphatic System ; to the Circulatory System ; to the marvels of Nutrition ; to the Excretory System ; to the wondrous Coordination and Control - the Nervous System, to the creative Ductless Glands of my body; the Central Nervous System and the Senses ; and so on.

(c) My glorious Body as the Instrument of Expression of My MIND - So many things will rush into your mind under this head that it is useless for me to endeavor to give you ideas . . . your MIND. We stand in the Very Presence when contemplating our power to THINK.

So I say to you, My Beloved, that it is impossible for us to fully GIVE THANKS for all that we ARE and all that we HAVE . . . yet it is the first command of the Eternal LAW that we must unceasingly GIVE THANKS wheresoever and to WHOMSOEVER they are due. (At this point read carefully pp. 3-4 of your Fourth Commentary, on the LAW of rendering thanks.) When I go further afield in the investigation of my own life, JUST THINK of the COUNTLESS, COUNTLESS ideas for which I must be grateful . . . think of the thousands of PEOPLE who, by their wisdom and their ignorance, have shown me THE WAY . . . think of the countless channels of LIFE through which blessings have flowed to me . . . think of the opportunities for the gaining of true wisdom that have been presented to me - the music, the poetry, the sciences, the arts, the love of human hearts, the interest of others in my welfare . . . think of what I owe to that Great Man in Tibet (my Master), and try to imagine WHAT I could offer to him in full reciprocation of his goodness towards me ---- IT SIMPLY IS NOT POSSIBLE, SIMPLY NOT POSSIBLE.

As you read these words, you will feel that I am filled with Gratitude, but cannot find words to begin ever so faintly to express to all those channels of Life Itself through which the LOVE of Life has flowed and does increasingly flow to me and in me.

Now, My Beloved, what do YOU feel . . and what do you DO to express what you feel?

On this Thanksgiving Day morning true tears of Joy fill my heart as I read the many letters from students who have found what they have consciously or unconsciously been seeking all their lives. I quote from one letter - from a venerable student past the eighty-year mark of experience, who wrote his letter and made special effort that it should reach me by Thanksgiving Morning :

"This morning as I awoke I began to enumerate the many things that have happened to me within the past year for which I should be specially grateful, and of course the main thought was of you and the tremendous influence on my life your Teachings have been. Frankly, I give thanks every day for this in my Meditations, but this being an appointed day for being happy and giving thanks it occurred to me to take advantage of it to express to you what I owe in all conscience to you.

"I have been ready for many, many years, but until I was sent to you the Teacher did not appear. The knowledge that I have hungered and thirsted for was brought to me by you in all the fullness and completeness that I desired. Added to this was the accounting on my private string of a personal association with another Great Man. You must know that I have been associated with many so accounted by the world, and have had the privilege of serving them to the best of my ability in such manner as probably no one else could have done. Quite surprisingly I have fallen into this relation with you. I should have to mention this relation in any recital of the ground of my thanks for what I consider this great privilege, and while I do so I do not at all depart from the main ground, which is an illumination of mind and soul to be expected only from the Teacher of my dreams . . . . You can never know how much I have gained from it and expect still to gain.

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". . . . This is a lot about 'me', but it has seemed that I could not properly picture the causes of my special thanksgivings for you without presenting the individual outlines. I should talk more about 'you', - but after all 'you' are not individual ; you are made up of many. To me you represent all and many, many more of those whom you have taught and are still to teach. Out of this number, some day, shall arise your St. Paul, who is to carry the message to the world.

". . . . And so, my dear Friend, I offer you my special thanksgivings. I am a different person altogether since I pledged you in the bright Falernian of your Teachings. In many respects I have been a poor scholar, but in some I doubt if any of your people can so fully appreciate and realize the profound and grand substance contained in every Lesson that you have placed before mankind. As that substance is Truth, I am impelled to believe that in time to come it will reach every mind capable of receiving it, and thus, eventually, to every human being. . . . . (Signed)."

How beautiful to receive such a letter! How wonderful it is to me to know that of myself I can do nothing. What has come to this student, through me, has come from the great storehouse of Wisdom that is the Integrality of Life. And what has come to YOU, dear Noble of The Light, has come, through me as the channel, from that LIFE and WISDOM and LOVE which you are counselled to give thanks to. Never forget, Beloved, the stream from which you drank, for, should you forget, you will find that one gets fearfully thirsty walking alone in the desert.

This week, then, think of Mentalphysics - what does it mean to you, what has it brought to you, in what regard do you hold Mentalphysics, our Mother. If you love her, do all that you can for her - give of your Love, give of your Being, give of your Inspiration, give to her continuously in your Meditation . . . but, as others contributed of their MATERIAL substance to enable YOU to be reached, so YOU are wise if you, too, give of YOUR substance so that others may be reached, and the GREAT Work go on and on.

Wherever you are - north, south, east, west - it matters not : on this Thanksgiving Morn, from out the Center of the Sun, there comes to you through my heart of love all that is holy and beautiful and true and eternal . . . Peace be within thy gates and prosperity within thy palaces. May EVERY day be Thanksgiving Day for thee. "The aim of all endeavor," says a great thinker, "should be to bring the body into subjection to, and harmony with, the Spirit, by refining and subliming it ; and so heightening its powers as to make it sensitive and responsive to all the motions of the Spirit." How to do this? In a word, with all the wealth of meaning which the Heart of Mentalphysics teaches, to understandingly "G I V E T H A N K S !" As we on this Day of Thanksgiving, standing like a young man glorying in his strength and ready for the running of his race, look forward to the final Day of Emancipation, let us never forget to remember to give thanks . . . which means by DOING what we CAN, . . . remembering that when we do what WE can, God does the rest.

My Beloved, I salute thee in Gratitude - I give Thanks for you. Nomaste.

Sincerely your Teacher, in Fraternal
Bonds of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.

End of The Eightieth Commentary,
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES



OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

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COMMENTARY
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THE GRAND REVIEW (15) Retrospect

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

It is vain to seek the Inner Chamber without first passing through the outer. Speaking to you as a man, as your human Teacher, I feel it in my heart to hope that some day we all shall meet. I would delight in having all of us in the Inner Chamber to meet together for human companionship, though I am fully aware that we may, whensoe'er we will, meet in the lofty realms of the Immortal Spirit.

So, in this Commentary, I am drawing nearer to you with my Spirit than I have ever done before. It is only when we can attain inward calm, can free outselves from the tangle of the common daily perplexities and avocations, that we gain a true perspective of the things that so absorb us ; realize the pettiness of most of them ; and cultivate a judgment that will successfully guide us and bring us order and peace. This is the lesson of the ages. In this Commentary, then, I come to you in my Spirit, and as you read I ask you, too, to use your divine imagination as we gather together.

I imagine that you are here at The Institute . . . from all parts of the world we Nobles of The Light, stately of demeanor and happy of mind and heart, are assembling for The Communion, Nobles of The Light move about the corridors. You are eager and filled with joy because you are all to meet together. Quietly you assemble in the Students' Lounge, the outer court. A nod here, a kindly word softly spoken, gives you the greeting, . . the secret handclasp tells you that you have come home. Then the Noble Recorder calls the roll. Then silence overcomes you, as in order and without speech, Nobles file down the corridor to the portals of the Inner Chamber. It is dusk. Night falls fast about us. The door is opened, and Nobles of The Light, in deep reverence, pass the threshold. Our ancient lamp of rare beauty, chased in brass, holds the crimson Light that shines in the East, its glow symbolic of the dawn. In the four corners glow other crimson lights, subdued, soft to the eye of the spirit. Nobles of The Light take their places in our sacred Circle, in the center of which, awaiting Ding Le Mei, is the carved blackwood stool upon which rests another lamp, giving out a purple light. In the north sits the Noble Custodian, opposite him the Noble Recorder. In the center of the Circle, to the right of Ding Le Mei's golden cushion, are the manuscripts, the crimson of the carpet in pleasing contrast.

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The hush of the meditative spirit is upon the Inner Chamber. The silence deepens, as, in solemn reverence, the Noble Custodian gives the command for Order. This officer then strikes the gong, its deep vibration filling the sacred chamber with the pleasing echo of the eternal Om (Aum), . , then again, somewhat louder, as together Nobles of The Light enter more deeply into the silence, . . . then once again, the three vibrations forming the holy signal of the coming of Ding Le Mei.

* * * *

Hushed are the hearts . . tranquil the Immortal Spirit of the Nobles.

* * * *

Within the Silence, with not a sound in movement, the door opens, . . closes, . . . Ding Le Mei enters, moving unshod to the centre, standing, the form of The Triangle shaped with his fingers over the navel, gazing with the eye of his spirit to The Light in the East. Then, in vibrant tones of spiritual melody --

"I GREET MY OWN GURU . . . I GREET ALL GURUS, THE BRINGERS OF LIGHT.

"I GREET THE EAST ** I GREET THE WEST ** I GREET THE NORTH ** I GREET THE SOUTH.

"I AM ETERNAL LIFE ** I AM ETERNAL LOVE ** I AM TRUTH *** I AM PEACE, and PEACE DWELLS IN ME ** I AM POWER ** I AM WISDOM ** I AM JUSTICE ** I AM THAT I AM.

"I GIVE THANKS FOR ALL THAT EVER WAS ** I GIVE THANKS FOR ALL THAT IS *** I GIVE THANKS FOR ALL THAT EVER WILL BE ** I QUESTION NOT THE DIVINE LOVE, WISDOM AND JUSTICE.

"MAY ALL BEINGSBE PEACEFUL ** MAY ALL BEINGS BE BLISSFUL ** MAY ALL BEINGS BE HAPPY.

"P - E - A - C - E . . . . P - E - A - C - E . . . . P - E - A - C - E."

Ding Le Mei, addressing the Noble Recorder, who rises to reply : "Is the Circle complete?" The Noble Recorder reports number of absentees, if any. Ding Le Mei, in purple and gold, then sits in the center of the Circle, while Nobles of the Light rise, and take the Pledge of Secrecy, in charge of the Noble Custodian.

You are reading what I am writing, slowly and lovingly, ... you close your eyes and feel that you are actually, physically, here in the Inner Chamber. Hear these words:

"And now, My Beloved, I ask you to imagine that we have withdrawn from the cares of the outer world. We have left all that is unreal and illusory outside this holy room. We rest in the Womb of Wisdom. We are raised on high - we are in the Upper Room - all is peace within our souls.

"I ask you to imagine that around the Circle, linked as we are into the eternal substance of The One, there is Light . . . a deep Light that holds us protectingly from all harm . . . nothing can penetrate it . . . we are serene within the Light. --- In the Presence, I ask you now to imagine that above us sit the Higher Ones, holding above us the folds of the panoply of Peace, soft as

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gossamer . . the Higher Ones are with us protecting us under the dome of their love, as, according to our desire, do they enlighten us. --- I ask you to feel that WITHIN the Circle, there is Wisdom - pregnant with its power, full and harmonious and of beauty unimaginable. . . . . And so we are happy and we give thanks."

* * * * *

Then commences the personal Teaching, about which nothing can be written.

Our Inner Chamber meetings are conducted never by set routine, but according to the flow of the Eternal Spirit. . . Often the room is filled with the Light that shines through the spirit of us all . . often it is visible to the naked eye. The vibration is so exquisite that no pen can tell, no words portray.

* * * * *

What Mentalphysics, in its highest aspirations teaches (as you know) is that

MAN IS CREATED FOR THE PURPOSE OF BEING THE IMAGE OF GOD.

We Nobles of The Light have learned that Man in his cosmic aspect is a being very superior to that which is commonly called "a man", and which is described in books on anthropology, anatomy, and so on. Such external sciences can deal only with the grossly material body, while the essential body of macrocosmic and microcosmic man is beyond the reach of external observation. The work that we are carrying out goes beyond external observation, of course ; and we have all learned that whereas external science and theology seek to separate man from Nature and Nature from God, and make GOD appear as something distinct and independent of Nature and man, THERE IS NAUGHT BUT GOD --- and that you and I, Man, is GOD IN HUMAN FORM.

From the point of view of modern science, "man" has become an unnatural being, without any conceivable object for his existence. Nature, says the scientist, is an organism evolved by accident and subject to no other than accidental law. The divine, spiritual and creative powers in man and in nature are entirely removed from the field of perception of the "rationalist".

How grateful we Nobles of The Light should be that we have come through all that mental miasma. How grateful we all ARE that we KNOW ourselves to be planetary spirits (so to speak), self-conscious, luminous spheres of unimaginable extent. How wonderful to think that your mental sphere has no defined limits whatever -- that it reaches as far as your thoughts can go. Of course, we know that there is nothing immortal in man - but in MAN there is GOD. By the awakening of that which is divine in us we attain the self-consciousness of our own immortality.

I like to read Jacob Boehme, who was a great philosopher. He says : "The Spirit of God resides from eternity to eternity only in Heaven - that is to say, in His own essence, in the power of the majesty. When it became inbreathed into the image of man, then was heaven in man, as in an image created after his own likeness, and to manifest the great wonders of His eternal wisdom."

It is for us, Nobles of The Light of Mentalphysics, to live it - to hold on to the thought, and knowing ourselves to be a thought factory, to turn out the product true to standard. We must NEVER think negation. We must never lose sight of the fact that we are God in human form, and that it is the sole duty of our life to express every moment, to the full extent of our ability to do so, the QUALITY of GOD. This

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QUALITY is created by our THOUGHT -- as a man THINKETH, so IS he.

* * * *

How can I do it? Ah, THAT IS the question.

Well, My Beloved, there is only ONE way, and that is by helping others. Mentalphysics has brought to thousands a knowledge of life that is PRICELESS.

Is Mentalphysics priceless to YOU? Yes? If so, what about your toiling brothers and sisters . . they stand in the same need as you once stood in. Life brought to you the knowledge - do you remember how you first came into Mentalphysics? Well, they are just as YOU were, and your sole duty to Life, in repayment of the joy that has come to YOU, is to bring others in. I hope that you will see the importance of this. If I were you, I would make up my mind that I would bring into Mentalphysics ONE student every month. Make up your mind to do so, and hold to the thought that you can do it. Then it will take place, and I assure you that there will NEVER come into your life such joy - there is nothing that can compare with bringing another into The Light.

* * * *

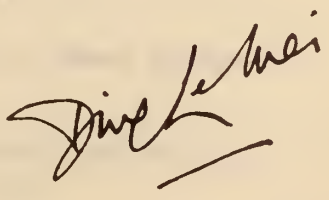
With this thought, as we close our beautiful Inner Chamber meeting tonight, I leave you. We have had a great spiritual feast together. You can still feel the depth of that wondrous vibration. Rest in it, and be happy.

VERY DEFINITELY FEEL GREAT WAVES OF ALL THAT IS GOOD IN ME COMING TO YOU. YOU LOOK OUT FROM YOUR POINT IN THE CIRCLE OF THE INNER CHAMBER, AND THERE YOU SEE YOUR TEACHER, NOW STANDING CLAD IN HIS GOWN OF PURPLE AND GOLD, TURNING SLOWLY AND SHEDDING HIS LIGHT UPON EVERY NOBLE IN THE CIRCLE. THERE IS A DEEP HUSH, FOR THE SEVENFOLD PEACE HAS JUST BEEN CHANTED . . . AND NOW HE LEAVES THE CHAMBER, WHILE ALL DISCIPLES SIT SILENTLY GIVING THANKS.

Peace, dear Brother or Sister, be unto you for evermore.

Nomaste.

Sincerely your Teacher, in Fraternal
Bonds of Joy and Hope.



Written in Faith at
Los Angeles, California, U.S.A.

End of The Eighty-First Commentary,
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES



OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

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COMMENTARY
82

THE GRAND REVIEW (16) Retrospect

Greetings in The Bond.

I trust that you have enjoyed and learned something from your last Commentary. I hope that each time that you have read that Commentary, you have been able to project yourself in imagination to the Inner Chamber at The Institute, and that you have felt the vibration of Truth coming to you as a result. Therefore, specially earmark Commentary Number Eighty-one, so that you may come back to it at any time to enrich your soul, and to gather to yourself the effect of the technique disclosed to you.

Moreover, whenever from this time henceforward that you are studying your Commentaries, always feel that you are with us in The Inner Chamber - you are not in your own room, you are here, and you can feel the harmony of the Light in the East, you can hear the voice of your Teacher, you can catch the spirit of your fellow Nobles of the Light, and altogether rest in that state of higher consciousness which the vibration of the Inner Chamber engenders. NEVER AGAIN, THEN, WILL YOU BE SEPARATED FROM US : ALWAYS WILL YOU BE ABLE TO FEEL THE PRESENCE OF YOUR TEACHER. The study of your last Commentary will bring you into a kind of new birth, for nothing can take from you your own power to visualize and imagine whatsoever you desire.

(a) The Regeneration.

"Verily, verily, I say unto thee : except a man be born again, he cannot enter the Kingdom of God." - John iii, 3.

"Art thou a MASTER of Israel, and knowest not of those things?" - John iii, 10.

"Whoever will come after Me, let him deny himself, and take up his cross daily, and follow Me." - Luke ix, 23.

Our rebirth has taken place. We now know the meaning of these quotations. We feel that we have attained somewhat to true spiritual knowledge. We know that no man can attain spiritual knowledge without BEING spiritual, and we know that it is not INTELLECTUAL man that knows the Spirit, BUT THE DIVINE SPIRIT THAT ATTAINS SELF-KNOWLEDGE IN MAN. As you look back over the time that you have been in Mentalphysics,

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are you satisfied that you have made some progress. Take your mind back. Can you imagine what were the conditions of your life then, compared with now? Do you feel that the regeneration has taken place in your life? To the carnal natural man the Spirit of Life means nothing. He cannot comprehend it, and to him the Spirit of Life is foolishness.

Says Boehme : "It is self-evident, and requires no further proof, that we are all made up of flesh and blood, and that we are mortal. Nevertheless, the "mortality" (as we have learned in Mentalphysics and as we have DEMONSTRATED in our lives) is subject to our observance of The Law : If we transmute our "mortality", we become the Truth of our Life, which is immortality, and we are then able to lay down our body and take it up again. We have learned that we - Man, made for the purpose of being the Image of God and for the purpose of expressing God in all that our activity embraces - are Temples of the LIVING GOD, and we know that the LIVING GOD DWELLS WITHIN US.

As I write these words, I am, however, impelled to ask you - and myself - whether we do truly KNOW THIS TO BE TRUE? Do we KNOW it in its very Truth that we FEEL that GOD IS WITHIN US, and that naught matters but that one Truth of Life? Do you every moment of every day feel that, no matter what you start out to do, that it is GOD (or whatever name you care to use) who does it. Do you REALIZE in your life what you learned in your twenty-sixth Commentary, as follows :

ETERNAL LIGHT OF LIFE WITHIN ------ My Life IN THY ETERNAL LIGHT.
THY SPIRIT IN MY SOUL ------ My Soul IN THY SPIRIT.
THY BREATH IN MY BODY ------ My Body IN THY BREATH.
THY LIFE IN MY BLOOD ------ My Blood IN THY LIFE.
THY LOVE IN MY HEART ------ My Love IN THY HEART.
THY KNOWLEDGE IN MY HEAD ------ My Knowledge IN THY WISDOM.
THY POWER IN MY HANDS ------ My Hands IN THY POWER.
THY FREEDOM IN MY FEET ------ My Feet IN THY WAY.

And again, from the same Commentary :

THE TRUTH OF MY BODY IS SPIRIT
THE TRUTH OF MY BODY IS LIFE
THE TRUTH OF MY BODY IS KNOWLEDGE
THE TRUTH OF MY BODY IS POWER
THE TRUTH OF MY BODY IS LIGHT
THE TRUTH OF MY BODY IS HEALTH

*** AND WEALTH - and BEAUTY - and STRENGTH - and WISDOM - and PEACE - and LOVE - and GRACE - and JOY - and POISE - and FREEDOM - and PRINCIPLE - and LIGHT !!!

(b) The Meaning of Desire.

Do you FEEL this to be true. Looking back, and making your analysis, do you feel within your inmost spirit that you have come into this realization through the power of your mind and understanding, and that it EMANATES THROUGH YOU IN ALL THAT YOU DO AND THINK AND FEEL AND SAY AND KNOW? . . . IF NOT, My Beloved, be of a brave heart - the work is being done as you faithfully practise and study and endeavor to bring out in your life what you have placed intellectually in your mind of the working of The SPIRIT OF LIFE - which is God within you.

THIS SPACE IS FOR YOUR OWN NOTES

Keep desiring the good gifts. Each morning, when you arise, declare that throughout the day, you will continually DESIRE to know more, to be more, to have more.

Remember that the DESIRE is the reflection of the Light and the power of the Light - the desire within you is proof that the soul is urging you to become into possession of the noble Image made after God's Likeness, which you are.

We have within us two great principles -

The PRINCIPLE OF LIGHT ------ WHICH IS PERCEPTION.
The PRINCIPLE OF FIRE ------ WHICH IS OUR WILL.

Whenever we DESIRE anything at all, we use one or both of these principles - we perceive that which we should do through the principle of Light, and we DO what we should do through the principle of Fire, which is your Will. YOU MUST REMEMBER THAT YOUR WILL IS FREE. . . with all the equipment, you are still free to use it or to not use it.

(c) The Blessing of Liberty of Choice.

Read this carefully:

"I created man, even from the first, that he should learn to be an independent being. . . . And when my angels had taught Man speech, making man name all the animals in the world, after the names the animals called themselves, I commanded My angels to come away from Man for a season.

"To My angels, I said : Behold of all the animals I created in the world, to man only gave I capacity to transmit knowledge by words. And to Man only gave I capacity to comprehend an idea of Me, his Creator.

"Nevertheless, I inspire all living animals which I created ; but they know it not.

"I inspire the spider to make its net ; the bird to build her nest; the wild goose to fly to the south before the winter cometh ; the mare to neigh for her colt ; the ant to lay in its stores ; the bees to dwell in a queendom ; and so on, every living creature do I move and control by My inspiration upon them.

"TO MAN I GAVE LIBERTY TO ACQUIRE WISDOM BY OBSERVING THE METHOD OF MY WORK, AS I MANIFEST IN OTHER LIVING CREATURES. . . . I HAVE ALSO GIVEN MAN CAPACITY TO ATTAIN TO KNOW MY INSPIRATION IN CONTRADISTINCTION FROM THE INSPIRATION HE RECEIVETH FROM HIS SURROUNDINGS. . . . TO NOT OTHER CREATURE GAVE I THIS CAPACITY.

"What cometh of Me is without pain or injury to anyone, and with liberty unto all. Such are my inspirations. . . When man witnesseth a battle he is inspired to battle ; when he witnesseth peace and love, he is inspired to peace and love. . . . What moveth man in consonance and wisdom, and to life, is My inspiration. What moveth man to dissonance and folly, and to death, is inspiration to man's surroundings.

"I inspire the serpent to bite to death ; for thus I created it. This is no sin, for it fulfilleth its labor: it is the remnant of poison of other eras.

THIS SPACE IS FOR YOUR OWN NOTES

"MAN I CREATED NOT TO DESTRUCTION, BUT TO LIFE, WISDOM, PEACE and LOVE TOWARD ALL. . . . WHEN MAN PRACTISETH VIRTUE, WISDOM, TRUTH and LOVE UNTO ALL, HIS INSPIRATION IS FROM ME DIRECT. WHEN MAN PRACTISETH DESTRUCTION AND SELFISHNESS, HIS INSPIRATION IS INDIRECTLY FROM ME, THROUGH THE CONFLICT OF HIS SURROUNDINGS. And THUS BECOMETH HE EVIL INSTEAD OF GOOD.

"BY DIRECT INSPIRATION DO I MOVE UPON ALL THE ANIMALS I CREATED. THIS I ALSO CREATED POSSIBLE UNTO MEN, SEPARATE FROM INDIRECT INSPIRATION."

(c) We Must Not Abuse Freedom.

You can see that the message of this Commentary is FREEDOM - you and I ARE FREE to do whatsoever we will. A student rushes into my mind as I write. He had been a student in Mentalphysics for some months. From the time he entered, he was full of questions ; he wrote long letters to me as his Teacher, the sole purpose of which was to argue with himself. He had been ill for many months, and his purpose in coming into Mentalphysics was to "get well". He could not see that his self-arguments were his principal stumbling block. After some time, it became necessary for me to tell him that he must become a humble student and DO THE WORK. He dissented, and withdrew. Thereafter, still feeling the urge of the soul within him for freedom, he took up another study - the same procedure was followed, only his new teacher would not write personal letters to him in pursuing the arguments. The student objected strenuously, and remained with that teacher only two months. He then went to another teacher, and another, only to return to Ding Le Mei after much suffering. When he expressed the wish to again become a student of mine, I laid down the law that he was not to write to me unless he was so instructed, but that he must follow out my instructions daily. This he did, and today he is the "happiest man in the world". WHY? Because he formerly used his freedom for self-destructive purposes.

While we are free, we must use only the TRUTH of Life in our own living - then do we remain free by that Truth that makes men free.

I trust that you will most carefully ponder over the truths contained in this present Commentary. The old "Adam" must be crushed. We cannot rise above a thing as long as we have not attained its highest level- do not argue with yourself, surrender to THAT.

May you have abounding Joy this week in all that comes into your life. Practise Joy, and Peace and Power and Love and Beauty . . . Live in your own paradise, your own fairyland of the Spirit.

HE TO WHOM TIME IS THE SAME AS ETERNITY,
AND ETERNITY THE SAME AS TIME,
IS FREE FROM ALL CONTENTION.

HE TO WHOM SORROW IS THE SAME AS JOY,
AND JOY THE SAME AS SORROW,
MAY THANK GOD FOR HIS EQUANIMITY.

Peace be unto you today and all the days, and may Love wait upon thee all ways.

Sincerely your Teacher, in Fraternal
Bonds of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.

Ding Le Mei

End of The Eighty-Second Commentary,
Inner Chamber.

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OM MANI PADME HUM

The Inner Chamber

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COMMENTARY

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THE GRAND REVIEW (17) Retrospect

BREATHINGS FOR THE WEEK :

Engage in whatever Breathings you feel inclined towards. (While I do not enforce physical breathing regularly each day, you must watch yourself, and you must yourself be the judge. If you feel that your "health" is perfect, and that through habit you have come to breathe all the time unconsciously in rhythm, then there will not be so great a need for physical breathing, but rather for silent breathing. DO NOT IGNORE THE NEED OF PERFECT PHYSICAL BREATHING, HOWEVER.)

MEDITATION FOR THE WEEK:

"MAN IS GOD IN HUMAN FORM. . . I AM GOD IN HUMAN FORM. . . I AM GOD."

My Beloved Student in Mentalphysics, Noble of The Light:

Greetings in The Bond.

It happens that I am writing this Commentary very near to the end of the year. . another unit in the man-made measure of Time is passing. WE know, however, that every day is NEW YEAR'S DAY ; each morning, each moment, each breath starts a NEW period of Life . . . but you, of course, know that Life is The Present Moment - none of us have more than the present moment. Nevertheless, it is an admirable opportunity at the New Year to take stock of ourselves.

And this is what I again invite you to do in this Commentary. You are aware through what you have learned and are learning that subtle bonds of rhythmic influence connect every human being with the vast spirit and spaces and substances and energies of the universe, and OPEN TO YOU ILLIMITABLE RESOURCES IF YOU USE THEM ARIGHT. That is the crux of our life problem. ARE YOU USING THEM ARIGHT?

Even the KNOWING does not confer the power to do . . . DESIRE and WILL decide that.

IT IS ONLY THROUGH USE THAT KNOWLEDGE BECOMES A HABIT - AND THEN A POWER.

THIS SPACE IS FOR YOUR OWN NOTES

(a) You Are Greater Than You Used to Be.

Vivikananda wrote : "Each soul is potentially divine. The goal is to manifest this divinity within by controlling Nature, external and internal." And it is obvious that we can only do this by practising the method of doing it. Already you have learned that the life-current of you is your Thought, and you know that your Thought is more subtle than radio-activity, and it depends entirely upon you as to how high you shall raise it. Doubtless you have come to the point in your own self-unfoldment where you feel yourself very near to the Great Silence most of your waking time. You feel that THAT WHICH IS is more easily FELT by you than ever before. You feel that, no matter where you are, at times when you are not definitely engaged upon any definite activity, your mind and emotions are centered upon the great current of Life Itself within you, and you seem to understand the riddle of the universe much better than you used to be able to. You feel that there is within you an understanding greater than once was. You feel that you understand yourself much better than you used to, and you understand what it is that causes the universe to be sustained and kept together in The Law of Life.

For that understanding you are grateful, and your heart sings in joy much more than was formerly the case with you. You feel that there is no such thing as sickness for you - you will never be "ill" again, and you are grateful for that irrevocable knowing within you. You feel that you will never be unhappy, and fearful, and downhearted, and rebellious against affairs of life again - and you are grateful for that something within you that has made the way a little clearer for you.

You also feel that you understand, in spite of yourself, that there is a guiding force - God, The Law, the Supreme Wisdom, called by any name you will - which does all things well, if only you can conform in your life thought and activity with it, allowing IT to work through you and for you. AND YOU FEEL THAT YOU KNOW THAT IF YOU CONFORM TO IT, YOUR LIFE IS FULLER AND RICHER AND MORE ABUNDANT FROM EVERY POINT OF VIEW.

(I could go on and on, pointing out to you the many little "finenesses" of understanding of the things of life that have been revealed to you through Mentalphysics, but I invite YOU this week to write them down. Take a sheet of paper, and just browse around in your mind to see how many different phases of knowledge have been vouchsafed to you since you have been in Mentalphysics. This will help you to crystallize your own thinking, and will cause currents of joy to run through you as you contemplate the wisdom and the love of that fuller LIFE which you are coming to understand.)

(b) Use Your Knowledge ; Grow in Wisdom.

Never fear that I am treating you as a little child. You ARE a little child, and we must learn as little children learn. To regularly take stock of yourself is one of the greatest secrets of self-advancement.

Now, having done all this, and having analysed your own life and your own ambitions, and having come through meditation to KNOW what you have to DO in the future, then turn your attention upon the progress that you think you are making. Are you entirely satisfied? . . . If so, awake! To be satisfied with yourself is to be dead. Are you dissatisfied? . . If you are, rest in your spirit, for to be dissatisfied is to be a murderer. I speak in riddles? Yes, I think I do ; but YOU will understand what I am writing. Of myself I can do nothing - that is true ; and you see the logic of this. Yet WHO is to do it, if you do not?

Again --- IT IS ONLY THROUGH USE THAT KNOWLEDGE BECOMES A HABIT ** AND THEN A POWER.

THIS SPACE IS FOR YOUR OWN NOTES

You know that concentration and meditation are the only entrances to the blessed realm of Silence, the "knowledge space", where reside all things that can be known. It is as if we are always living just outside the door of this glorious kingdom of knowledge : meditation opens the door ; upon entering we may take away with us all the knowledge that we are capable of taking away, and as we take that knowledge and USE IT, so do we have more and more power added unto us to take still more knowledge.

It is all so gloriously simple. The reason that so many people fail, and among them are to be counted those who are truly interested in not failing, and who endeavor to equip themselves to succeed in what they do, is because THEY DO NOT USE THEIR KNOWLEDGE IN DOING WHAT THAT KNOWLEDGE IS INTENDED TO BRING INTO MANIFESTATION IN THEIR LIVES.

Therefore, I ask you : "How are you USING what you know? Is your Knowledge being directed into the right channels? Are you a blacksmith when you should be an author? Do you, as you look into your life, feel that 'circumstances' do not allow you to DO WHAT YOU WANT TO DO?"

Now, as we know full well that everything is the result of causes, it will be clear to you that - despite the fact that you may know something - if what you do (the cause) is not in correspondence with what you KNOW, the result is bound to bring disappointment. Whereas, if you DO in life what corresponds with your knowledge, then the result is bound to bring you satisfaction of heart and mind, joy, ambition, inspiration and a perfect state of being. You then will feel, and know that you feel, that you are resting in The Law, and that The Law is working out its full purpose in your life -- you will "fulfil your destiny".

These simple expressions of Truth may strike you as quite elementary, and you may not at first feel that they will "fill the bill" in your life ; but as you let your mind rest upon them, they will enlighten you, and cause you to more correctly order your life, and Do what you SHOULD do according to your knowledge, which is your POWER (but only when you put it into right use is it your Power).

(c) Truth Is Profoundly Simple.

It is so perfectly simple. When you meditate, you unfold within you POWER which will cause you to rise to your highest aspirations. You are charging the battery. You are releasing your hidden powers. When you gain through meditation the vision of what you would like to do, through analysis, you will find that it is what you SHOULD do, according to the Universal Law of Life. You have charged yourself with the power to DO it. Then with all your might, you must concentrate upon it. In concentration, you develop still higher power - the power of higher forces on higher planes of activity. You rise and rise. HOW? Because every one of these varying planes is positive to the next below, and negative to the one above ; and the higher they are, the finer, swifter and more subtle are the vibrations. As you progress, gaining more and more control and power over the things of the physical realm of life, as also greater insight into the mental realms of your being, you receive irrefutable proof that THE SPIRIT BRINGS OUT POWER WHEREVER IT IS FOCUSSED. Yes, it is all so perfectly simple, and simply perfect . . . but YOU must exert the law of mastery to become the master.

You are reminded that the internal man is formed in the image of the whole Cosmos (Man is made for the purpose of BEING the image of God), and the germ of correspondence of every principle, from the lowest to the highest, is in every human being. And, as one writer has put it ; "All aspiration and striving for excellence, all recognition of the value of the best, even on the material plane, and dissatisfaction

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with anything short of that best, is the struggle of these potentialities for recognition and for opportunity to develop."

The plan of the Universal Wisdom for the human race can never be thwarted, no matter how blindly we go astray. We look around us and see people failing everywhere -- WHY? Because they DO NOT KNOW, they have not the knowledge, and therefore the power. WE Nobles of The Light, have the knowledge, therefore the power; we USE the power, and, if we will but CONSTANTLY USE our power, we may go on from height to height of mastery on the threefold plane of existence.

How I would love to see YOU reach the very height of your own true desires during the New Year (remember I am writing this on the eve of another year)! You have been faithful in learning, in gathering knowledge . . . now be faithful in USING it, Resolve that you will, radiant with Light and unafraid of aught, bring into manifestation in your own life the very HIGHEST that is within you. Be a success. Be an immortal, and behave like one. Be a god, and act like one. BE GOD IN HUMAN FORM, using your power of observation, concentration, meditation to act as God acts and think as God thinks. AND THE WORKS OF GOD ARE ALL AROUND US AND WITHIN US *** ALL THAT IS THE "OBSERVED" , YOU AND I ARE THE OBSERVERS, willing to DO what we OBSERVE.

Remember that as God (or whatever word you care to use) is Lord Over All, so man in the power of God is to be Lord over this world.

Man (you and I) can attain real similarity to Universal Wisdom only by decisively willing to put our wills into Universal Wisdom. You have the liberty of choice as to what you shall do. The Light of Divine Wisdom acts within you as a desire, and your desire is the Light of you which wants to come into possession of the noble IMAGE, because it was created only for the world of Light, and not for darkness.

I hope, My Beloved, that you will gain comfort and inspiration from this present Commentary. Quit ye like men - be strong!

No matter what the time of year, feel that this is your New Year's Day . . . that you are making new resolutions . . . that you feel you possess the hidden knowledge not given to the masses of HOW TO MAKE YOUR LIFE A PERFECT SUCCESS IN EVERY WAY . . that you will put on the armour of the might of Life Itself, and focus your concentrated attention on the good that you can do. Feel that the whole world is in your keeping - that every human being is your own especial care - that you MUST help others on the way, and that what has come to you shall come to them through you.

Bring them into Mentalphysics - sit right down as you read and write to someone, telling them the story. Tell your friends. SEEK the way to help others and so spread the Light, and that Light will grow all the brighter within you for USING IT. May this week be a week of profound joy and peace and plenty and love. Feel yourself ever near to me, as I am near to thee.

And may that Peace which passeth knowledge be yours for evermore.

Sincerely your Teacher, in Fraternal
Bonds of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.

End of The Eighty-Third Commentary,
Inner Chamber.



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OM MANI PADME HUM

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COMMENTARY
84

THE GRAND REVIEW (18) Retrospect

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

In the last few Commentaries you have been exhorted to constantly "take stock" of yourself. While it is true that the mark of the Initiate is his lack of interest in himself, knowing that he lives for The Great Work, he must be sure of himself. In this Commentary, as I assume that you ARE taking stock of yourself and accurately determining the phases of strength Mentalphysics has already developed in your life, as well as recognizing the weaker points, I wish to indicate HOW you may grow in steadily increasing usefulness to yourself and to all those with whom you are brought in contact.

You will understand me when I say that YOUR life is no longer your life - you are, by your own judgment upon yourself and your intense desire to help the human race, a SELF-CONSTITUTED ELDER BROTHER.

You live for LIFE ITSELF.

Your life is placed at the service of others. . . . You gain what you give. . . . You know that you are a fellow-custodian with the Creator. . . You know that you are God in Human Form, and your life is solely FOR DOING THE WORK OF GOD IN GOD'S KINGDOM OF HUMAN BEINGS.

Now, as a willing apprentice of THE WAY, as a seeker of essential Truth - of Life, of human beings and their mode of thought and action, of your own constantly refining thought and activity, there is a golden meaning to be silently watched for. You are an Idealist - you must unceasingly cultivate that idealism which is born with the unfoldment of your own divine nature . . nothing must ever dim the vision of your idealism, for the Kingdom of Heaven MUST be established - by you and by me . . THAT IS OUR WORK.

(a) After Mastery of Self - What Next?

In declaring that your life is no longer your own, I am to assume, and I do assume, that you have come into mastery of your OWN thought and activity in life. You are the Master of Yourself. (Rest and think what I mean by this, - go back in

THIS SPACE IS FOR YOUR OWN NOTES

your mind to what you have learned ; REALIZE that you are God in Human Form.) The next thing is HOW are YOU to do your part in the world of life among your fellow human beings so that you shall extend the Kingdom and Spread the Light?

You have been taught to be idealistic in Mentalphysics - imagining, dreaming, building through your Creative imagination God's kingdom on this earth in your own consciousness - first, for yourself, second, for others.

But you have also been taught to be practical, realizing that life is no theory but a fact. Allowing my mind to dwell on this, I have but two thoughts for you in this present Commentary - namely, THE IDEALIST and THE REALIST.

We find Idealism in Youth. We find Realism in Age --- WE ARE AGELESS, therefore our idealism is unabatable, and our realism is fully established in our experience. It is by no mere whim that, in Greek mythology, young Icarus was made to fly too high until the wax of his wings melted and he fell into the sea, while Daedalus, the old father, flew low, but flew safely home. . . BUT HOW ARE WE TO REMAIN IDEALISTS, AND BECOME AT THE SAME TIME PRACTICAL REALISTS? The answer is, through right thinking, in carefully developing what may be called realistic idealism hand in hand with idealistic realism.

We must, I repeat, unceasingly cultivate the Idealism which is born and grows with the unfoldment of our own divine nature, but must also be so practical as spiritual realists as not to, on the one hand, have our own hearts broken with disappointment as we endeavor to lead others into The Light, nor, on the other hand, express ourselves in everyday life as to be considered fanatics by those with whom we must mingle (for that injures The Great Work).

(b) Idealism vs. Realism.

The difference between the realist and the idealist may be said to be the difference between the masonic symbols of the Square and the Compass. The Square is an instrument adapted for plane surfaces only, and therefore appropriate to geometry, or measurement of the earth, which by the ancients was supposed to be a plane. The Compass is an instrument that has relation to spheres and spherical surfaces, and is adapted to that branch of mathematics that has to do with the heavens and the orbits of the planetary bodies. The Square is a natural symbol of the earth, the Compass an equally natural symbol of the heavens and all celestial things. We must then be as the square equally as the compass, dealing successfully with the things of the plane in which we live, ever striving also for an understanding of and inspiration from the plane we secretly aspire to attain.

Under the heading of the Idealist, I need have little to say, for the whole of our secret work builds us into that priordial idealistic state over which man has lost his sovereignty. Throughout your teachings in Mentalphysics you have been imbued with that transcendent vision of life which was born in your mind with your "Holy of Holies" lesson early in the Initiate Group Course. But you were very early warned, in the development of your divine imagination, not to allow any conflict between the Imagination and the reason - not to allow any conflict between your idealism and your realism.

Human life for the realist moves on on the line of least struggle and the least resistance. A spiritual recognition of this develops a certain calmness of mind, which enables one to swallow insults and find oneself in harmony with the universe - patience, contentment, non-recognition of evil, a passive strength. If you were to mingle much in practical daily life with the Oriental - particularly the Chinese philosopher - you would be immediately impressed, as I was continually impressed during my many years residence in China and also in India, with the deep realistic

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note in the national character. A Chinese, for example, though he may be a great philosopher and seeker of life's truth, would reason with you something like this :

> "As a people we are great enough to draw up an imperial code, based on the conception of essential justice, but we are also great enough to distrust lawyers and law courts (consequently 95 per cent of legal troubles in China are settled out of court). . . . We are great enough to denounce vice, but we are also great enough not to be surprised or disturbed by it. . . . We do not teach our young in the colleges a course of political science from books, showing how a government is supposed to be run, but we teach them how our municipal, provincial and central governments are actually run. (In Mentalphysics : "Do what you can do ; God does the rest"). . . . We have no use for impractical idealism, as we have no patience for doctrinaire theology . . We do not teach our young to believe that they are the sons of God until we have taught them to behave like sane, normal human beings . . . We seek first to become essentially humanists, harmless as doves and wise as serpents, leaving our growth to the Law of Life, knowing that we shall always reap what we have sowed. . . We recognise the necessity of human effort, but we also admit the futility of it - this development of mind places us in accord with The Law -- "Thou in me" ; the Father within me, He doeth the work."

Thus reasons the average Chinese - the everyday Chinese, just as does the philosophically-minded Chinese.

We in Mentalphysics know, however, that in man there are forces which natural life does not develop, and the life might pass away if the forces remain idle. To open them up, to make man divine, that is the task of the mysteries - and everything that you and I undertake in order to awaken the eternal within us, we do in order to raise the value of the world's existence. But to DO anything whatever we must be practical - we must be realists, accepting conditions as they are, and by slow and steady effort knowing that we refine them -- yet of ourselves we can do nothing.

When, for example, we broach the subject of Mentalphysics to our friends, and receive a blank negative or a refusal of consideration, we must not, as idealists, be in the slightest degree cast down or disappointed - if we are disappointed, we are the losers to the degree that we are disappointed. No, we must be realists and idealists in combination, knowing that as we do our part HE doeth the rest, and HE doeth all things well. Rather must we take the view that Jesus assumed when, on the Cross, (and we shall know what this means later on), he looked down upon them and said, "They know not what they do!"

(c) The "Ecstasy of Indifference".

As realists, we must expect neither success or failure - we must merely spread The Light, leaving the rest. We have learned in our experience, how hard it is to "melt the substance" in our own lives so that the gold of wisdom may be extracted - why be perturbed when we see others as WE used to be? Nevertheless, just as a prospector goes a long way before he makes a strike, he is always expecting one; and finally it usually comes. In OUR search we must be like him, doing the work of Life Itself. IN A WORD, WHEN WE BECOME ENLIGHTENED, WE SEE THAT A HUMAN PERSONALITY DOES NOT LIVE IN AND FOR ITSELF, BUT FOR THE WHOLE HUMAN RACE AND THE WORLD.

> (The Force, of course, with which we have become identified, is the universal substrate of life ; that which centrally subsists in all

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that circumferentially exists from it, and without whose presence no existence would be possible - the Light which in the philosophical prologue of the gospel of St. John is called the "life of men" and "without which nothing has been made", however unconscious of its latent presence its creatures may be - for it "dwelleth in darkness and the darkness comprehendeth it not". It is the Light that, exteriorly to that of the solar and stellar bodies and all other derivatives from it, originated at the primal Word of God . . . . "Light, rare untellable ; lighting the very light ; beyond all signs, description, language ; the garment or 'glory' of God - the 'Fire which is the Father of All Things'.")

And how wonderful it is for us Nobles of the Light that we know it! How supremely happy we should be that we have been privileged to be given this knowledge, while we look out on countless thousands to whom, as yet, it is a closed book. Therefore, My Beloved, let your light shine! Be an Idealist and never allow your inspiration to die down ; but, above all, be a Realist and practical in all things, working with the Father and doing the Father's work unceasingly and uncomplainingly.

Think much, then, this week not so much upon your own growth, but upon the vaster conception and the universal ideal. The mark of the initiate, I remind you, is his lack of interest in himself, in his own unfoldment and his own personal fate, and all aspirants who are to be used by the Higher Ones must master the technique of disinterestedness. Our personal Fire must be transmuted into Cosmic Fire - our personal love must become universalized - our personal ambitions must be submerged in the desire to unceasingly be used by Life Itself for Life Itself as we mingle with our fellow-men for their good.

Be happy, My Beloved, in re-dedicating yourself to the Universal Ideal. This week shall be a week of true service. See whether this week you cannot bring even ONE into Mentalphysics, and work with joy in your heart for the advancement of our glorious philosophy.

My peace I send to you . . I embrace you in that wide love of Life. You are Whole - you are Perfect - you are Strong - you are Powerful - you are Loving - you are Harmonious - you are Rich - you are Young - you are Happy.

Peace profound.

Sincerely your Teacher, in Fraternal
Bonds of Joy and Hope.



Written in Faith at
Los Angeles, California, U.S.A.

End of The Eighty-Fourth Commentary,
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COMMENTARY
85

THE WAY OF ATTAINMENT (1)

Practice of the Royal Art.

My Beloved Student in Mentalphysics. Noble of The Light :

Greetings in The Bond.

In your last Commentary I wrote : "NOW, AS A WILLING APPRENTICE OF THE WAY, AS A SEEKER OF THE ESSENTIAL TRUTH OF LIFE, OF HUMAN BEINGS AND THEIR MODE OF THOUGHT AND ACTION, OF YOUR OWN CONSTANTLY REFINING THOUGHT AND ACTIVITY, THERE IS A GOLDEN MEANING (MEAN) TO BE SILENTLY WATCHED FOR."

You have been taking stock during the past few weeks. You know where you stand. You are absolutely honest with yourself. You are determined that your life shall be devoted to the Great Work. You seek the Way of Attainment, the Path of Knowledge, and you know that what you ARE and what you HAVE must be used by you for the benefit of others, and that that is the ONLY WAY by which you can make progress to The Heights. Therefore, you are more than ever interested in THE WAY.

(a) The Power of Right Knowledge.

I am sure that you are able to realize now that in the search for Truth there are certain questions that are immaterial. In an outer sense only, it is of little interest to know, for instance, of what substance the Universe is made . . . in the inner sense, we KNOW that the Universe is made of LOVE. Is the Universe eternal? . . Are there limits to the Universe? . . What is the ideal form of human society? . . . We in Mentalphysics know that such questions have little relation to true personal Enlightenment. We have learned enough of these things to enable us to see the TRUTH OF LIFE ITSELF and of EVERY LIVING THING. We need tarry no longer. If one were to postpone the search and practice of THE WAY until such questions were answered, he would Die before he even found the Path that leads to Life.

For example : Suppose that a man were pierced with a poisoned arrow and a surgeon were called to extract the arrow, but the man objected, saying, "Wait! Before you begin, I want to know who shot the arrow. I want to know if it were a man or a woman. I want to know whether it were one of noble birth or a peasant. I want to know what sort of a bow he used. Oh, there is so much that I want to know before you begin, doctor . . . I want to know. . . I want to know. . ." Before he could even finish saying what he wanted to know, the poison would have had time to circulate, and the man would pass on. Obviously, the first thing was to remove the arrow. . . . Now, we Nobles of The Light have all the knowledge of the Universe that we need to proceed truly along The Way . . .

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We know that --- GOD IS ALL THAT THERE IS.
THERE IS NAUGHT BUT GOD.
WE ARE GOD IN HUMAN FORM.

(We must practise the feeling within ourselves
of the expression and manifestation of God.)

We must now press on as fast as we are able, safely, cautiously, knowing that the Fear of THE LAW is the beginning of Wisdom. We are ready? . . that is sure. Let us, then, PRESS ON, PRESS ON!

(b) God's Universal Unchangeability.

As you have been analyzing yourself, you DO - do you not? - REALIZE that you ARE GOD in Human Form. God - the Father-Mother, the ALL - as an infinite and not manifested Spirit cannot be regarded as a personality. But whenever the Divinity becomes manifested as a personality, THEN HE IS PERSONAL. God is unchangeable, and has no beginning in time; the "beginning" refers only to the manifestation of His Power in Nature. Nature - (and you and I are a part of Nature, as we are a part of super-Nature) - is a continually revolving wheel . . . the concurrence of causes and conditions, all from the same source, so that we see there can be no fundamental distinction in the nature of things.

Note - Apparent distinctions and differences result from deluding thoughts. There is no distinction between east and west, but people create the distinction out of their own minds, and then believe that it is true. Thus the deception of the senses, Though at first difficult to realize, in the universal process of becoming, there are inherently no distinctions between the process of life and the process of "destruction" and "change". People make a distinction, and call the one life and the other death. Again, in action, there is no difference or distinction between "right" and "wrong" . . what happens is, believing in apparent distinctions people grasp after their own imagined comfort and convenience. . . . . ALL IS ONE - THAT ONE IS GOD - GOD IS EVERYWHERE, UNCHANGEABLE - THERE IS NAUGHT BUT GOD.

Once we firmly build this Truth into our consciousness, then ALL our troubles are behind us. But what happens with the average human being? Let me illustrate by telling you of a man who, on a long journey, came to a river. "This side of the river is very dangerous," he said to himself, "the other side seems easier and safer. But how can I get across?" So he built himself a raft out of branches and reeds and safely crossed the river. Then he thought to himself - "This raft has been very useful to me. I will not abandon it to rot on the bank, but will carry it along with me." Thus he assumed a voluntary burden. Is he a wise man? What do YOU think? Is it not true that when even a good thing becomes a burden, it should be discarded? And how much more rapidly should we abandon a bad thing.

"To grasp after and to become attached to things that have names,
but lack substance, is foolish."

ALL IS GOD - I AM IN GOD - I AM GOD - I AM THE MONARCH, AS GOD IS . . . that is wisdom. Then, I practise BEING GOD.

Wisdom directs us to strive after the substance of God, and that only. WE KNOW that things created by an incalculable series of causes cannot last for ever. WE KNOW that, since everything is created by a series of causes and conditions, the appearance of things is constantly changing --- why hold on to that which cannot but change, that which is less than eternal (we are eternal).

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What do you think the average person would say if he were to read what I have written on this page. He would think me crazy, would he not? The TRUTH that I have expressed in words would appear to him to be the words of an idiot. So do most people look erroneously at life from all angles -- THEY do not KNOW, as we know. That which is subject to the conditions of time may conceive of temporal things ; only that which is eternal in man - the Divine Mind in him which we are unfolding - can realize the existence of the eternal.

WE KNOW that, within us, inseparable from us, is the full quality and nature of God. We are developing it, and the first step on THE WAY is to remove all deceptions of the mind that come as a result of our attachment to "things" rather than principles. You know that I cannot describe to you the whole of divinity as if it were a circle, because God is immeasurable ; but I CAN teach you to gradually create your circle, and through your feeling (your soul-quality) gradually come to realize spiritually what God is, though it will naturally entail the "losing" to "find" . . the utter submergence of the "personality" to the "divinity" of your true nature.

(c) The Solitary Way - And Our Companions.

The secret of health and happiness is not to mourn for the past, nor to worry about the future, nor to anticipate the future, but to live the present moment wisely and earnestly. Looking backward, you feel that at one time you were woefully ignorant, don't you? You feel that, with growing knowing of the reality of life and things, you have had to change your opinions many times since you have been in Mentalphysics. Looking into your heart right now, you feel that, though you have grown in knowledge and are a little nearer to mastery of your life than you used to be, you are more than ever conscious of the little that you know and the infinity of knowledge that lies before you. What, then, are you to do . . how are you to live to get the most out of life . . how are you to gain this infinite knowledge that you hope to become master of?

That is the eternal question. We KNOW that we must escape the darkness of ignorance and suffering that comes with it, must seek for enlightenment, and we now seek the best companions on the way. What are the best companions?

Let us think together. You are on your way. You need a guide, as does everyone. Who or what is the best guide? You must trust none but yourself. Whether you are to go down into the bottomless abyss, you must go alone. . who, then, can be my guide? WISDOM must be your only guide, for there must be no error whatsoever. But I desire companionship . . I am a social being, you may say . . I do not wish to go alone at any time. Who can accompany me? FAITH must be, and can be, your only companion.

> Should Faith be low in thee, burned low as 'twere,
> Then all thou hast to , with strong desire and true,
> Is to demand faith, and faith shall be created ; Faith,
> Fine caparisoned, and ready to do battle
> And annihilate both Doubt and Disappointment,
> That demoralizing twain born in Negation . . . .
> Faith, with Courage in his bosom, will meet thee in a flash
> To assume a majesty of mien as to
> Be beyond thy present measure of perception.

Then HUMILITY. In the presence of the Lord of the Eternal, humility is essential. It is only in the debris of our own pride that we can find the seeds of Humility.

Then LOVE. "Naught can be spoken of love - love needs no talk," said Shakespeare.

> "A new commandment I give unto you, that ye LOVE one another, even as I have loved you. By this shall all men know that ye are my disciples, if ye have LOVE one to another."

THIS SPACE IS FOR YOUR OWN NOTES

Then PATIENCE. "Dispose thyself to Patience, rather than to comfort," said wise Thomas a Kempis, "and to the bearing of the 'cross' rather than to foolishness." But how hard it is to be patient! We want to "get there" immediately. We ARE "there", but through faulty habits of action, we have robbed ourselves of the Presence - we must exert PATIENCE always, murmuring not at The Law and its works. It is not necessary for all men to be great in action - the greatest and sublimest power is often simple action.

Think long on Patience ; It is the soul of peace. Patience makes men look like the gods they are. In our Patience we find and use our strength.

(d) Attitude of the Worshipful Life.

We are serving our Apprenticeship, and as apprentices we have been given all the tools. As willing apprentices we must patiently learn the way to use them.

I would suggest that you make a list of the tools that you have already recognized in this great workshop of life. Those that you have already come to use proficiently. Those that you have merely picked up and looked at, feeling that you understand what their use is, but which you have not yet begun personally to use. Those that you admire, but whose use you as yet are hardly familiar with . . . and so on. ALL the tools are at our disposal, and the measure of the zeal of the Apprentice will be the measure of the skill of the master craftsmen in due process of training.

Then MEDITATION. I have often thought how terrible it must be for some people, in "eternity", to meet their own prayers. There is no such thing in the age-long history of the Universe when prayer goes unanswered - it MUST be answered. Therefore, realize that in meditation we have the sublimest tool of all . . ASK, and ye SHALL RECEIVE. We are the creators of our own Universe - we are our own priests, and kings, and saviors, and judges. Hallow the thought! It is all in our OWN hands, and depends entirely on how we use the tools of the Royal Art.

This week shall be a week of Peace Profound for you. Read this once, then close your eyes and feel that you are truly "here" with me, and I "there" with you :

(1) I imagine a great cordon of Golden Light around me . . . deep, brilliant, impenetrable. Nothing can pierce or penetrate it. I am held by it protectingly, and I know that no harm can come nigh unto me.

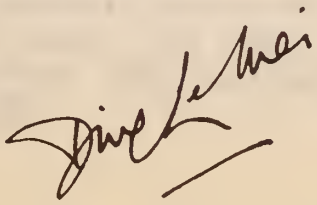
(2) I imagine that above me, the whole host of the Higher Ones in the great universal hierarchy of Wisdom hold above me that gossamer substance of Peace, and I rest under the immortal panoply of Eternal Peace.

(3) I imagine that within me is Wisdom, ever communing and showing me THE WAY . . all knowledge is mine in potentiality . . . Show me Thy Way, Oh Lord.

(4) I imagine that beneath me, around me, above me is Love, and upon the eternal foundation of Life Itself I rest in, I stand upon, I move in and have my being in LOVE - the substance of the Universe.

My peace I give to you.

Sincerely your Teacher, in Fraternal Bonds of Joy and Hope.



Written in Faith at
Los Angeles, California, U.S.A.

End of The Eighty-Fifth Commentary,
Inner Chamber.

THIS SPACE IS FOR YOUR OWN NOTES



OM MANI PADME HUM

The Inner Chamber

of the Science of Mentalphysics

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COMMENTARY
86

THE WAY OF ATTAINMENT (2)

Practice of the Royal Art.

Note on Breathing. Do not neglect your Breathing. Whenever there comes into your mind an idea relating to Breathing, just immediately become still and FEEL whether you have to breathe - either physically or mentally. If you are refined enough, you will be able to see what I mean by this ; if you do not see what I mean, then rest assured that there is still need for you to continue faithfully with your Breathings.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

In the consideration of The Way of Attainment, we must bring back to ourselves what we have been learning in Mentalphysics. I will condense for the purpose of allowing us to think clearly. We in Mentalphysics know that delusion and suffering, the non-realization of our own true nature in all that makes up our life, come from our own foolish desires and passions, and we know that if we learn how to emancipate ourselves from these foolish desires and passions we make progress along The Way.

Five important laws emerge, as follows :

FIRST - Right understanding, right ideas of things, ideas that are based on careful observation and true understanding of causes and effects and their significance. The cause of suffering is seated in the mind's desires and attachments ; there can be no peaceful circumstances of life if the mind is not rid of wrong observations.

SECOND - Mind-control. We rid ourselves of wrong observations by careful and patient mind-control. With efficient mind-control we avoid desires which arise from the sensations of the eyes, ears, nose, tongue and touch - the senses. Weak and negative mind processes are thus prevented from arising. While thinking of positive things, we cannot be thinking of negative things.

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THIRD - Right ideas as to the proper use of things and the right effect of right contact by us with the Universal Mind. (Most people think of things, which are ever changing, in relation to comfort and pleasure ; we should think of them only in regard to our true needs. For example, clothing is necessary to protect the body against extremes of heat and cold ; food is necessary for the nourishment of the body ; and so on.)

FOURTH - Right pursuance of knowledge. We should learn how to endure, and never turn back. (When we learn how to endure, we then are impervious to outer conditions such as affect our "comfort". The practice of endurance quenches the fire of worldly passions - for all things that pass away ; but these worldly passions, though not apparent, burn up our bodies and destroy our power to think right.

FIFTH - Right understanding of THE LAW OF LIFE. We then avoid all danger. We keep out of danger, and thus avoid the pitfalls and accidents that most people experience. A wise man will keep away from mad dogs and wild horses. A wise man will not make friends of evil men. By the practice of caution and prudence and silence, worldly passions that burn into our vitals will die down, and we come to know the repose of The Law.

(a) Five Groups of Desires.

Thus the five groups of desires that we should avoid ....

1. Desires arising from the forms the eyes see .....
2. Desires arising from the sounds the ears hear ....
3. Desires arising from the fragrance the nose smells
4. Desires arising from tastes pleasant to the tongue
5. Desires arising from things that are agreeable to the sense of touch.

When we think of it, we see that most people are influenced by their body's love of comfort. But, as most people are influenced thus, they do not notice the evils that follow, and they are usually caught in a trap like a deer is caught in the forest in a hunter's trap. The forest is not easy to get out of, and the forest of our mind is made up of our insufferable desires. And the more we desire, not recognizing that ALL is ours if we "lose" ourselves into the eternal ocean of Life Itself, the greater our cravings.

In a word, INSTEAD OF PURSUING THINGS FOR THEMSELVES, WE SHOULD PURSUE KNOWLEDGE AS TO THE RIGHT USE OF THINGS. This is a simple sentence, but if you will think about it, you will find that it covers an extremely wide field of human life. There is no ONE way to get free from the traps of worldly passions - unless we say that the one way is constant watchfulness.

I quote a little story which will illustrate what I am saying to you :

Suppose that you caught a snake, a crocodile, a bird, a dog, a fox and a monkey, six creatures of very different nature. You tie them together with a strong rope and let them go. Each of these six creatures will try to go back to its own lair by its own method. The snake will seek a covering of grass ; the crocodile will seek water ; the bird will want to fly in the air ; the dog will seek a village ; the fox will seek the solitary ledges ; and the monkey will seek the trees. In the attempt of each to go his own way there will be a struggle, but, being tied together, the strongest will drag the rest wherever he wants to go.

Like the animals in this example, man is tempted in different ways by the desires of his eyes, ears, nose, tongue, touch, and also by his mind, and is controlled by

THIS SPACE IS FOR YOUR OWN NOTES

the dominant desire. Each group of desires tries to have its own way, but being tied together in one organism they must ultimately move together. But if the six creatures are all tied to a strong post, after trying to get free and becoming exhausted in the process, they will all lie down peaceably together.

(b) Mind is the Master.

MIND IS THE STRONGEST AND IS ALWAYS THE MASTER. If people will train and control the mind ----- not merely reading about it, and seeing how it should be done, but SEE THAT THEY DO IT ----- there will be no further troubles from the worldly passions that arise out of the senses that are constantly deceiving us. IF THE MIND IS UNDER CONTROL, WE HAVE HAPPINESS NOW AND IN THE FUTURE.

At the same time, we in Mentalphysics know that it is not safe to allow the mind to run wild. Just as the senses deceive us, so will our mind deceive us if we run after vain things.

Most people like fame and praise. Some people are never happy unless someone is telling them what wonderful people they are. But fame and praise are like the incense that consumes itself, and there is nothing left. Look around you : how many there are who are chasing after honors and public acclaim, forgetting that their DEEDS are the fruit of the tree of life in them, only later to find that to seek for fame and wealth and power is like the child who licks honey from the blade of a knife. It is like carrying a torch against a high wind -- the flame will burn his own hands and face. NO MIND THAT IS FILLED WITH GREED AND WORLDLY PASSION CAN BE TRUSTED - its whole working makes confusion worse confounded.

Good and bad fortune are not determined in advance - man brings them on himself by his thought and consequent conduct; his conduct is the reflection, naturally, of HIS THINKING. The recompense of "good" and "evil" follows as the shadow follows the figure. THEREFORE, IS IT NOT OBVIOUSLY WISE FOR US TO ADVANCE ALONG THE RIGHT WAY, AND RETREAT FROM THE EVIL WAY?

(c) Then Comes Again, the Eternal Question --- HOW?

In this Commentary I am telling you what you should already know, but I am trying to tell you in a different way. Whenever you express in action the thoughts of your mind, there is always a reaction that follows. If one is abused, there is a temptation to answer in kind, and be revenged. If we answer in kind, who is injured? You will, of course, see that the second man is injured, and reaps the ill not alone of the other's abuse but of his own terrific anger as well. This is like sweeping dust against the wind, - we do not get rid of the dust but become ourselves defiled. Also : the same is true of pleasant acts. If one makes a gift, there is a natural desire to expect something in return, or if one receives a present or a kindness there is an impulse to return something similar. (Think of the "giving" at Christmas.) There is probably more danger in the reaction to pleasant things than to evil things, because one is tempted to please the other regardless of the wisdom of the act. UNTIL WE UNDERSTAND, have Right Understanding, most pleasant things are dangerous.

Those seeking the Way of Attainment, and all Nobles of The Light are among them, must blot out desire . . . we must "believe that ye have it". ALL is ours. The more we rightly use that which we have the more will be added unto us. If you were God, and desired to maintain the perfect balance of the Universe that you had established, would you not be very careful to whom you extended any knowledge? Would you not reason that a person would be entirely unfitted to have secrets of life revealed to him if he did not properly USE them, and would you not know that

THIS SPACE IS FOR YOUR OWN NOTES

until a man has learned to use what he has he is not ready to have further secrets revealed unto him. Of course, you would! And this is the way that Life Itself acts towards us. If we do not rightly USE what we have, our wrong use of the substance causes it to melt away from us, purifying itself again for the one who will use it rightly. We cannot truly injure Life or destroy Life, for if we do not use life's substances aright, Life takes them again and purifies them, just as water by its own motion purifies itself.

Greed, which we make for ourselves through non-control of the mind, becomes a slough of despond to us, and we become bogged in the mud of our own desires. Whereas, when we fully realize what and where we are, we see that we ARE GOD - and can God have any need of desires?

Pride, pride, pride ! How foolish this is - and yet how the whole human race seems to be full of pride. And what an enemy it is. Let us see what this enemy really looks like.

Pride : "Vanity, conceit, display, show, ostentation, pomp, vanity, self-complacency, self-admiration, boastfulness, haughtiness, vainglory" - and many other things. How obnoxious it all is . . and how very foolish. Visualize for yourself your proud man, then think of the humble and great. Humble, lowly, meek, modest, sober-minded, sincere!

We who seek enlightenment must remove all ego, all pride, and be humbly willing to become disciples of the Higher Ones, who are ever ready to instruct us in The Way. Yes, humility is a great virtue indeed. Humility is an anchor to our thoughts. And human beings MOVE in the direction of their thoughts. If we think thoughts of greed, we become greedy. If angry thoughts, we become angry. Whatever our thoughts our feet move in that direction.

The humble person is always patient and persevering. Thoughts of humility literally compel us to humble, persevering faith, and this kind of faith produces in us right DEEDS. When the DEED is right, the reaction is all the stronger in the right pathway to enlightenment.

I would advise you to read and re-read this Commentary this week, and FEEL that you are truly on the Way to Attainment. Every moment of the day FEEL that all is well with thee, and that the WHOLE TRUTH is being gradually revealed to thee. Feel yourself very near to us all at The Institute - do what you can for The Institute and for Mentalphysics - if you were aware of the great need there is for the spreading of The Light, I am sure that you would respond with whatever substance is at your command. Give unto The Law that it may bring to thee that which it is written in your forehead must come to thee.

Peace be unto you today and all the days.

Nomaste.

Sincerely your Teacher, in Fraternal
Bonds of Joy and Hope.



Written in Faith at
Los Angeles, California, U.S.A.

End of The Eighty-Sixth Commentary,
Inner Chamber.

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COMMENTARY
87

THE WAY OF ATTAINMENT (3)
Practice of the Royal Art. (Sound).

My Beloved Student in Mentalphysics, Noble of The Light:

Greetings in The Bond.

I would that I could have you with me in my study so that I could talk with you, and that we could each meditate upon, the things that I trust the Spirit of Wisdom will enable me to write to you in this Commentary. We have arrived at a point in our progress where we MUST now work for the regeneration of the Human Race. Would that I had a pen that would be able to portray, in words of purest gold, what it is in my own spirit to FEEL! Would that, thus writing, I could so inspire you, My Beloved, that we would from this instant become TRUE CRUSADERS for the uplifting of the human race from its terrible state of ignorance. There are many agencies at work today - and there will come many more agencies in the near future - having as their aim the betterment of humanity. Some feel that if we improve the economic state of society, we shall render permanent benefit to mankind, and undoubtedly we shall ; but it does not follow that because a man HAS more that he will BE more. Life is something deeper than mere having.

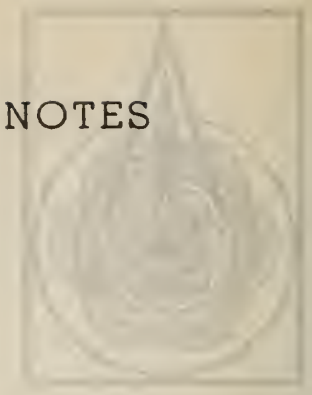
So far as we are concerned in Mentalphysics, we feel that we are authorized by the Higher Ones to spread knowledge of the Truth of Life. We believe that the greatest blessing that we can bestow on any man is to teach him the secrets of his own nature and of Life. In other words, we believe that when the Knowledge of Life is unfolded in us, then ALL other things - economic, sociological, spiritual, and so on - are added unto us. Until we come into KNOWLEDGE, which is our POWER, mankind is subject to the cruel farce that anyone should ever lack ANY good thing in a world which contains such a variety of inexhaustible interests. But with knowledge of Life Itself, man comes gradually through right practice to know that he is GOD IN HUMAN FORM.

(a) Privilege of Imparting Truth.

And in the recognition of this truth by you, the only way that you can grow into its REALIZATION is by imparting this knowledge to others.

I wish you to see that the highest TRUE value that we can offer to men, the enduring eternal gift, is the knowledge that MAN IS GOD IN HUMAN FORM. With this implanted in his consciousness, any man will change - must change - his life ; he will EXPRESS what is in his consciousness to the extent that he has developed and USED the knowledge, and will express GOD in his Life. To feed the hungry is good - and necessary.

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To clothe the naked and to care for the needy is good - and necessary. BUT TO TEACH MAN WHO AND WHAT HE IS, and to SHOW HIM THE METHOD OF TRUE LIVING, LEADING HIM INTO TRUE MASTERSHIP, IS THE VERY HIGHEST GIFT THAT WE INDIVIDUALLY CAN MAKE TO LIFE ITSELF AND TO OUR FELLOW MAN. In short, that is our Way of Attainment. There can be no real attainment if we leave out the other fellow - and we must apply this thought, in the method embodied in our Own Spiritual Breath, to EVERY LIVING THING.

I emphasize and re-emphasize this. I wish you to see the truth of what I write. Without this conviction in your mind, your efforts towards mastership will be largely abhortive.

Should you entertain any doubt about this - whether it be better to give a man a dollar or an idea - think of your own life. If instead of TEACHING you in Mentalphysics, we had agreed to send you two dollars a month from the time you enrolled as a student, what better off would you be today? If when I went to Tibet my old master had agreed to give me food and clothing and lodging, and had not TAUGHT me anything, what better off would I be today? That would have all passed away, but TRUE KNOWLEDGE IS ENDURING AND DOES NOT PASS AWAY . . and the priceless gifts that came to me from my old master was what he taught me and gave me the privilege of learning under his direction.

Therefore, I CATEGORICALLY DECLARE THAT THE BEST GIFT THAT WE CAN OFFER TO MANKIND IS KNOWLEDGE, FOR IT WANETH NOT, AND THE MORE WE USE OUR KNOWLEDGE THE MORE IT MULTIPLIES.

(b) Our Own Pathway to Attainment.

Having this clear in our minds, we can see how we may go forward in the Way of Attainment. . . how we may lead other toiling pilgrims on The Path. A little human story will illustrate what I mean : The other day one of my Los Angeles students 'phoned me and told me that she had been in bed four days with the 'flu. She had quarrelled with her sister, and was naturally so disturbed as a consequence that the next day she went to bed with "influenza". So, in speaking with me over the telephone, she said : "Ding Le Mei, I know HOW I got the 'flu - it was the result of that quarrel. But I am 'better' now, and am going to work tomorrow." "Oh, no, you're not," I replied. "But I am," she retorted, "I must!" Again I told her that she was not going to work. I repeated it two or three times, and then quietly, I added : "GOD is going to work." There was a silence for a moment. Then, with her heart in her mouth, so to speak, she simply said, "Thank you, Ding Le Mei," and dropped the telephone. A day or two later I met her and she told me that that had been the greatest practical lesson she had ever had . . she KNEW, in a moment of great intuition coming through the words of my throat, that she IS GOD. That was the power of Sound.

That is how we learn, and there is no value to be compared with the true value of Knowledge - which is our POWER. I do not think that that student will ever again be subject to the negation of what is called "influenza".

If this little story brings its own message to you, you will see that it unlocks wisdom for us, if we think rightly. All mankind desires happiness, nor does the average human being begrudge the fulfillment of this desire in the life of any other person. Then, those of us who know more should help everyone to find security, peace and happiness, which can only be done by the eradication of darkness and ignorance and the implanting into human consciousness the realization of knowledge and light. Since none of us would want anyone or anything to stand in our pathway and obstruct or prevent our happiness, and since no right-thinking man or woman has

THIS SPACE IS FOR YOUR OWN NOTES

the slightest desire to interfere with the happiness of others, - and since these correlated statements are indisputably true, when applied to the lives and thoughts of any group of people in any country on the face of the earth, why is it also true that so few people have ever felt securely happy?

THINK as you read.

WHY is it that mankind generally enjoys no security, peace and happiness? WHY envy, jealousy, hate, bloodshed, war? WHY do these conditions exist today, when Man has come almost into the conquest of the material universe, literally as unabated as they have throughout untold centuries of human life? WHY is there such lack and ceaseless fear in the hearts of men everywhere? . . . IN A WORD, IT IS BECAUSE MAN DOES NOT KNOW THAT HE IS A SPIRITUAL BEING, and is almost entirely unaware of his TRUE NATURE. WE know : now the ONLY way that we can go on is to spread the knowledge into other minds, so that at long last Man shall indubitably come into his own. A large task, you will say. Yea, yea! But that is the task that increasing knowledge imposes on us, so that we gradually cause our growing mastership to assume the guidance of mankind, reality governing our every thought and Truth the master of our life. The more we spread the Light of Wisdom, in the essential fact of Life that Man is God in Human Form, the more do we stem the tide of poverty, fear and war.

(c) You Are a Solar Angel.

You see, My Beloved, as a crusader, you are entitled to spread the Light. This is a deep privilege, given to you by Life, and should you and I come to know the Truth of our life and refuse to spread the truth, we foolishly court the hellish unhappiness that will by the justice of the Law of Life come to us ; but, on the other hand, the more we spread the Light to others, the more filled is our cup so that it runneth over with bliss. THEREFORE, SHOUT, SING, REJOICE . . . you and I are consecrated disciples of Life Itself . . we have entered into the hierarchy of our own planet. Indeed, we are the Solar Angels of Light.

As Solar Angels we spread the Light (a) by what we SAY, and (b) by what we DO. Saying and doing are very closely related, as you know. "In the beginning was THE WORD, . . ." "The chief agency by which Nature's wheel is moved in a phenomenal direction is sound." . . . "The Great Singer built the worlds, and the Universe is His Song."

There are many other quotations that could be given to show that throughout man's upward progress, the potency of a word has been increasingly recognized. A sound or word sets in vibration the matter of which all forms are made. Your sound is your power. The chanting of the "OM" is the greatest power that you have, though it is practice which alone teaches you that this is so. And, similarly, as the word that goes in (inwards into you, when you are chanting) is your inward power, so the word that goes out from you is your outward power over all living things. Your sound (your speech) is the highest agent that you use in moulding yourself and your surroundings. This has always been recognized by the ancient philosophers.

WE SPREAD THE LIGHT THROUGH OUR SOUND. FIRST THE SOUND, THEN THE FIRST EFFECT OF SOUND, THE POURING FORTH OF LIGHT, CAUSING THE REVELATION OF THE THOUGHT FORM.

A simple illustration : Suppose that you meet a friend, and you wish to bring Mentalphysics and the Truth of Life to his attention. You see at once that unless your speech is right, your friend will not understand your meaning, and if the speech be wrong, there may be even a disturbing controversy. If the speech be wrong, then you would be saying in sound what you know to be the right thing, but in the wrong

THIS SPACE IS FOR YOUR OWN NOTES

way, and the effect with your friend would be the wrong result. The thought form created by your sound is intended to be a source of revelation, and if the sound be right the LIGHT that goes to your friend will be right --- and you will probably bring another into the Light of Mentalphysics.

(d) Sound Conveys Your Thought Form.

But not only is SOUND of importance in the conveying of thought forms from mind to mind, but we find in early practice that it is the Great Purifier. I cannot emphasize this too strongly for your contemplation. To the person who does not know how to USE his Sound, talking (even when he thinks that he has something of import to impart to his hearer or hearers) becomes a burden and depletes his energy, making him "tired". But to one who knows how to use his sound rightly, right speaking is always a source of increased power. Few people have ever given any thought to their sound, however.

I make bold to say that, no matter how ill a person may be, he would cure himself by the right use of Sound by chanting "OM", for example. You may try this. In bed at night, just before going off to sleep, lying flat on your back, begin to chant quietly and evenly, and in exact rhythm with your breathing, and you will experience a very wonderful feeling of peace and tranquillity. If you will place your right hand over your throat as you chant or speak you will become conscious at once of a terrific vibration through the issuance of the sound of you. Watching this for a little time, you will be able to understand the effect of your sound, for you will be able to feel the effect. Then you will see perfectly clearly how great is the effect even on your physical body of the power of the sound that you use in speech.

Your thought-forms live, are brought into life, through your sound. Therefore, though you have been given this advice many times, I again advise you to guard your tongue. This week shall be a week of great joy for you, for you will hold yourself very positively in your own silence - that is, you will not say more than you have to say, and when you speak you will know that you are saying exactly what it is right for you to say. Every word that issues from your throat this week shall be spoken by the Creator, and will be rightfully creative in its effect. All that you say will enrich you, and will also enrich not only those to whom you speak, but will carry with it cosmic enrichment to the Truth of Life.

And you shall be happy - and at peace - and full of life - and Wisdom shall walk with you and Peace shall wait upon you, and Courage, and Understanding, and Abounding Joy, and Love shall envelop you.

Nomaste.

Sincerely your Teacher, in Fraternal
Bonds of Joy and Hope.



Written in Faith at
Los Angeles, California, U.S.A.

End of The Eighty-Seventh Commentary,
Inner Chamber.

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COMMENTARY
88

THE WAY OF ATTAINMENT (4)
Practice of the Royal Art. (The Seven Words).

IMPORTANT NOTE - This Commentary, together with Commentary No. 87, is of the most vital importance . . . . . Do not neglect to study them faithfully together.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

In your last Commentary, I wrote : "BUT NOT ONLY IS SOUND OF IMPORTANCE IN THE CONVEYING OF THOUGHT FORMS FROM MIND TO MIND, BUT WE FIND IN OUR EARLY PRACTICE THAT IT IS THE GREAT PURIFIER. I CANNOT EMPHASIZE THIS TOO STRONGLY FOR YOUR CONTEMPLATION. TO THE PERSON WHO DOES NOT KNOW HOW TO USE SOUND, TALKING (EVEN WHEN HE THINKS HE HAS SOMETHING OF IMPORT TO IMPART TO HIS HEARER OR HEARERS) BECOMES A BURDEN AND DEPLETES HIS ENERGY, MAKING HIM 'TIRED'. BUT TO ONE WHO KNOWS HOW TO USE HIS SOUND, RIGHT SPEAKING IS ALWAYS A SOURCE OF INCREASED POWER."

BUT YOU MUST ATTAIN TO KNOWLEDGE ERE YOU CAN ATTAIN TO SPEECH.

In speaking of SOUND, we must, as Nobles of The Light, know that sound means very much more than conversation, speech, the mere use of words. Once again read the first five verses of the first chapter of St. John. Having read these verses, I would take a sheet of paper and write down your highest ideas relating to your own sound. As I write, I think of these - "Thy voice is celestial melody" . . . "Thy voice is the organ of the soul" . . . "Thy voice is the feast of reason and the flow of soul."

While we are on our way to understand that harmony is the most indispensable (though the least known) factor of health and mental serenity, we have to constantly listen to and look out on the effects of discord, disharmony, disease, for this effect is all around us until we learn. Harmony - of sound, of movement, of light, of anything - is the law of Order, the normal, natural condition of every atom that composes the Universe. In harmony we live in tune with the Universe ; in discord and disharmony we live in disorder.

(a) The Seven Magic Words.

So that we may lead ourselves on to an intelligent consideration of sound, we will revive what we have learned about the seven magic words and the five Tattvas, as

THIS SPACE IS FOR YOUR OWN NOTES

JOY	BREATH	
GRATITUDE	SOUND	SILENCE (the matrix of
REVERENCE	LIGHT	every thought worth thinking)

In your previous Commentaries you have had these words repeatedly brought to your attention, and you know the names of the five tattvas as follows: Akasha (controls hearing), Vayu (controls touch), Tejas (controls sight), Apas (controls taste), and Brithivi (controls smell), these five being respectively the elements of ether, air, fire, water and earth.

Let us run through the seven magic words :

JOY. We all know the importance of Joy, for Joy is harmony, and how necessary is a joyful attitude of mind for spiritual progress. Happiness is an UPBUILDING FORCE equalled only by the sun's rays. It is sunshine in the heart! Joy in the heart stands in exact relation to you (the microcosm) as the sun in the solar system stands to the earth and the complete macrocosm. Its influence is identical. No medicine in the whole pharmacopeia possesses the curative virtues of happiness vibrations; while anxiety, fear, worry, depression and excitement of a debilitating nature cause varying forms of stagnation and disintegration, which disturb the finer forces of life (tattvas). Wrong thought (unhappiness) brings death ; right thought (happiness) brings Life more abundantly, the perfect balance of the positive and negative currents of Prana. . . . . The first sign of Attainment is the joyful heart, for JOY is the substance that propels the fluids of Life Itself . . . In your meditations this week, upon Joy, feel that in the very act of your being made, there was JOY, and that without it you could not have been created. . . Also remember that the "joy of The Lord (the LAW)" is your strength. Nothing else is. No vehement resolutions, no sense of your own inferiority, nor contrite remembrance of your own failures, ever made you strong. In JOY you find strength. UNLESS YOU ARE HAPPY, YOU CANNOT KNOW GRATITUDE ; YOU CANNOT FEEL REVERENCE ; YOU CANNOT BREATHE CORRECTLY ; NOR SEE LIGHT ; NOR KNOW THE SILENCE.

GRATITUDE. Thankfulness, it has been said, is the tune of the angels. Certainly gratitude is the memory of the heart. Sang the psalmist : "Oh, that men would praise the Lord for his goodness, and for his wonderful works to the children of men!" When you think of it, you see that man is a rather ungrateful animal - or, rather, we forget to Give Thanks. The good that we receive from Life (the "goods delivered" by our own thinking) is not always recognized, for the reason that the good that comes to us causes us no pain. If we think of the multitudinous things that come to us every moment from Life Itself, we are staggered ; but we rarely recognize them because they flow to us by nature, without any conscious feeling by us. No one complains about receiving more blessings than he merits, but the deserved "evil" (less good, also the "delivered goods" by our own thinking) which we receive causes suffering, and this is generally keenly resented. When things "go wrong", which is the only way that Life has of showing us that we are off the Path, we should give thanks -- and this is the test of gratitude. (How CAN life teach us anything except through pulling us up by means of that which we call "suffering" and "pain"?

UNLESS YOU ARE GRATEFUL, YOU CANNOT KNOW REVERENCE ; NOR BREATHE CORRECTLY ; NOR SEE LIGHT ; NOR KNOW THE SILENCE.

REVERENCE. Reverence is the third point in our First Triangle in Mentalphysics. The deeper we study Life (the Tattvic Law) of the Universe, the deeper is our proved conviction that everything in the natural world moves rhythmically. We "stand in reverence". It is only when the human mind steps in with its responsibility of free will to choose the right or wrong thought and act that life's rhythm is broken and all its vibrations thrown into discord. When there is reverence in the heart, we become the Silent Watcher, and AS we WATCH, we grow in

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LIGHT ; NOR KNOW THE SILENCE.

BREATH. Every Noble of The Light has discovered for himself and herself that BREATH IS LIFE. Breath is the great flywheel. Though what I am writing to you in this Commentary may strike you as being elementary, I am sure that it is wise for me to counsel you to FEEL that you know that your Breath is the mainspring - and I wish you to think of this in such a manner that it becomes sweetness to your soul. No matter what we may learn about the body, or mind, or spirit . . no matter how steeped our memory may be with facts about this threefold nature of man, . . no matter how deeply we may have entered into an understanding of all that we have learned, the FACT OF LIFE remains that YOUR BREATH is the flywheel - start your Breath and your life is as your breath is. AS your Breath, so is your life, so do you live.

BREATH IS THE LIBERATOR, just as you may say that Love is the Liberator. Breath - the rhythmic breath of Life Itself - is HARMONY. I would meditate upon that wonderful word, and its meaning . . H A R M O N Y! Life is harmony. Now, we are sufficiently advanced to see that when we speak of "Breath" we do not speak of the physical breath alone, but of the Holy Breath, which is the Source. To live in tune with the Universe, we must live in harmony with its laws . . which is merely saying that we must know how to breathe correctly and train ourselves to do it. Studied, understood and APPLIED, no other science will lead us so quickly into spiritual consciousness as the science of our breath.

SOUND. One could write so much about Sound, and not TEACH anything about it. To know the effect of sound in the microcosm as also in the macrocosm, one must practice. You, of course, know that the sound of you is the basic vibration of your life. As soon as a child is born it breathes, and it also issues a sound - and a lusty baby can let out a fairly good yell. The effect of that first sound from the infant's throat cannot be measured by the human mind, either from a physical, mental or spiritual point of view. It is simply beyond our comprehension to measure its effect. We have learned that we BECOME WHAT WE SAY, and so we have been consistently advised to "Have No Tongue!"

THE TIME HAS COME, HOWEVER, FOR US TO LEARN HOW SOUND AFFECTS US, AND WE SHOULD NOW BE ABLE TO EXPERIMENT WITH THE VERY FIRE WHICH SOUND CREATES. TO TELL THE AVERAGE PERSON THAT IT IS "DANGEROUS" TO ISSUE SOUND WOULD PROBABLY CAUSE HIM TO DOUBT OUR SANITY, YET IT IS TRUE THAT WE PLAY WITH THE FIRE OF LIFE WHEN WE USE OUR SOUND.

I am writing principally for those students who have not had the advantage of personal teaching under my direction here at The Institute. Now, if you will sit in the sevenfold position, and chant the one word "P-e-a-c-e ... P-e-a-c-e ... P-e-a-c-e" slowly and regularly, feeling that you are putting all your love into the sound, it will teach you much. Do it now. Sit and chant the one word in a low even tone, letting your Breath and your Sound be in correspondence, and after you have chanted for a few minutes, come out and notice the effect of the sound on your body first . . your body will feel softer and smoother in its action ; second, your mind . . your mind will be more serene and clear and filled with light ; third, your spirit. . you will feel a great peace that nothing can define, so beautiful will it be.

BUT THIS WILL BE MERELY ELEMENTARY COMPARED WITH WHAT YOU HAVE TO SET OUT TO LEARN ABOUT SOUND, WHICH WILL BE DEALT WITH IN LATER COMMENTARIES.

The next thing for you to do is to FEEL the actual vibration that your Sound creates within you. We begin by feeling its physical effect. Therefore, go again into your chanting, sitting in the sevenfold position, and place your right hand gently over your throat as you chant, and you will feel the vibration under your hand. A moment's practice will show you what I mean. Then, feeling this under your hand, and feeling what a strong effect sound has, imagine what is going on all the time. Whatever sound we make in our speech, and the quality of it, are transferred to every part of our bodies and minds. If you chant a sound, and the thought be of Peace and Love, you will find Peace and Love garnered in your consciousness. Were you to hold the

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thought of revenge or selfishness, the EFFECT would be revengeful and selfish. When we chant, the concentration is fixed, and the effect consequently all the stronger than it would be if we were merely thinking in a loose manner. Sound, you see, with its inseperable associate rhythm, is ever building or disintegrating, and is a powerful force that we must learn to control, to understand, to use with intelligence. All harmonious sounds - the Truth expressed - are upbuilding and life-giving, therefore constructive ; while all sounds which we class as noise are disintegrating in proportion to the dissonance and broken rhythm of their crashing and grinding.

Only this morning, there came to my study a prominent Hollywood actress, a student of Mentalphysics, who is learning from me how to portray the soul through sound, so that it shall be registered on the film. She has been practising with me for some time, and it is amazing how utterly different is the result, even on the screen, of the FEELING (which most people would say cannot be photographed) which the words portray. Her director is astounded at the change that has come about in her acting, and the quality of the photography. Now that she knows HOW to cause her sound to correspond with her feeling, and how to direct this consciously, she is filled with confidence for the future.

UNLESS YOU USE YOUR SOUND CORRECTLY, YOU CANNOT SEE LIGHT ; NOR KNOW THE SILENCE. What the Philosophers of old called "The true medicine" is bound up in man, "shut up as it may be in milk, within the hard and solid nut". It is the Sound that breaks the shell. Just as fire is hidden in fuel and is useless until ignited, so the Sound "separates" the pure life (the metal) from the dark and solid ore until it flows forth as a pure panacea from the Eternal Light.

Sound is the very MAGIC of you and me. When once the Divine Light is loosened in life, everything is prospered as long as its rule is observed. "And the WORD of the Lord is unto them line upon line, precept upon precept (purifying and perfecting) here a little and there a little." Then, established in The Light, by the power of The Word, there follows right action. The whole individual is occupied ; every look and word and action is by rule and with power; for it is written, "The hands of the Wise are very heavy." . ."The right hand of The Lord bringeth mighty things to pass."

"To him that overcometh will I give to eat of the Tree of Life, which is in the midst of the Paradise of God.

"To him that overcometh will I give to eat of the hidden Manna, and will give him a White Stone, and in the Stone a new Name written, which no man knoweth save he that receiveth it.

"And he that overcometh and keepeth my works unto the end, to him will I give power over the nations ; and he shall rule them with a rod of iron ; as the vessels of a potter shall they be broken in shivers even as I received from my Father. And I will give him the Morning Star.

"He that overcometh the same shall be clothed in White Raiment. And I will not blot out his name out of the Book of Life. Behold, I come quickly ; hold fast that which thou hast that no man take thy Crown.

"Him that overcometh will I make a pillar in the Temple of my God, and he shall no more go out ; and I will write upon him the name of my God - and the name of the city of my God, which is New Jerusalem, WHICH COMETH DOWN OUT OF HEAVEN FROM MY GOD ; and I will write upon him MY NEW NAME."

In further Commentaries we shall continue with the magic word, SOUND. Meanwhile, THINK. Watch your sound - experiment without ceasing - during the day watch your tongue, and at night experiment with the different qualities of Sound within thee. Peace be unto you this week, and in the Ever-present.

Nomaste.

Sincerely your Teacher, in Fraternal Bonds of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.

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COMMENTARY
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THE WAY OF ATTAINMENT (5)
Practice of the Royal Art.

My Beloved Student in Mentalphysics, Noble of The Light :

Greetings in The Bond.

You doubtless have been impressed with the fact that there are very few leaders in the world. You will have noticed that, while all men start out with the idea of succeeding in life, few succeed, many fail - Why? To us it is self-evident that men fail because they lack knowledge - they do not know the laws of success in what they attempt. I remind you that when we KNOW something, we automatically demonstrate it for good or bad, and while at some particular period of our life we attempt a thing and do not succeed, and at another time we attempt the same thing and do succeed, it is because in the latter case we have come into possession of the power (knowledge) that enables us to demonstrate what we know, that we did not previously possess. If a man says that he knows something, and does not demonstrate what he says he knows, he is simply under delusion.

Many years ago I was impressed by an Oriental writer who said that the world is like a lotus pond filled with many different kinds of plants; there are blossoms of many different tints - some white, some pink, some blue, some red, some yellow. Some grow under water, some spread their leaves on the water, some raise their leaves above the water. Human beings are just like that. Among men, though essentially the same, and from and of and in The One Great Man, there are many differences. There are differences of sex, but as for that, there is no essential difference of nature, for women, with proper training, may attain enlightenment precisely as men. The difference lies in the degrees of mentality - some humans are wise, some foolish . . . some good-natured, some bad-tempered . . . some easily led, some difficult to lead . . . some possess pure minds, some have minds that are defiled . . . BUT THESE DIFFERENCES ARE NEGLIGIBLE WHEN IT COMES TO THE ATTAINMENT OF ENLIGHTENMENT AND MASTERSHIP.

We can become masters of evil as well as masters of good. Take crime, for example, which is shaking the Western world at this time - particularly in the United States. I was reading some Government statistics the other day and found that in this country every year there are 12,000 murders, 10,000 assaults, 50,000 robberies by holdup, and 40,000 robberies by burglary. The murder rate in the United States is computed at 7.2 per cent for each 100,000 population. In England the rate is only .88 of 1 per cent. In the United States since 1930,

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3200 bank robberies have caused the "loss" of fifteen million dollars. And the sadest part of all is that more than half of the arrests of criminal offenders were under 30 years of age, and FIFTEEN PER CENT OF THE TOTAL WERE UNDER 20 YEARS OF AGE. The list of the crimes with which boys under 20 are charged include criminal homicide, robbery, burglary, thefts of automobiles and assaults.

I quote all this deplorable information to show that The Law works all ways. It is as easy for the untrained mind to use the life energy for the prosecution of evil (less good) as for the highest and noblest purposes.

(a) Qualities of Mastership

The Master of anything must possess certain qualities -

He must have good health
He must have confidence
He must have sincerity of purpose
He must have wisdom - and the height of wisdom is knowing how to use The Word
He must have diligence

These qualities are necessary to you as a Noble of The Light, and with these qualities mastership, step by step, is inevitable. First, master over little things, then master over greater things.

The German philosopher Kant said that there were two outstanding wonders of God's creation. He said that they were the starry heavens above and the mind of man within, and we well may draw back startled when we understand the mysterious processes which occur within those inverted bowls of bone we call our skulls. Science has made the strides of a giant, but all her steps are in one direction - outwards, ever outwards. Science teaches all that there is to know about what man has made, but teaches little about the Maker (Man).

(b) Liberation Taught by Religion

LIBERATION is the keynote of all religion. It means "salvation from sin", that which binds us to form, that which stops or delays our progress, that which forces us to turn back into that "slough of despond" through which we have been endeavoring to pass, that which hinders the transmutation of our powers into spiritual energy, that which prevents the liberation of the Self. . . or the Oversoul, or the God in us - - call it what you will.

To liberate the self means to be freed from the domain of the mind (the world of action and reaction), and to enter the realm of intuition (the world of action), by becoming impersonal, universal. It means, as one writer puts it, "not depending upon outside stimulations, outside reactions, but acting, creating circumstances, and becoming masters of our destiny. It means abandoning the sense of separateness and realizing a union with the cosmos; losing consciousness of space and time and living in the eternal." And he adds: "Liberation is the resolution from all limitations of birth into pure life - the life of super-dimensional Reality..."

When man uses the life energy without recognition of the knowledge of the Eternal Principles of Good, he fails - turns to evil. When man learns that he is a part of the Eternal, he gradually loses himself in it, ceases to do so much investigations, feels after it within himself, and so EXPRESSES automatically its essential principles.

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These principles which liberate us, as you have long ago learned, are inherent to the spirit - they are resident in all of us, but they have to be awakened. Spiritual intuition, in other words, is infallible. When by practice man gives himself over to the higher or spiritual side of himself, he feels this spiritual intuition, and when awakened nothing can usurp it in consciousness. The collective intuition of humanity, like the collective reason of humanity, is ever at work; and when we, by practice, "make the contact" we reach a criterion, and when a true criterion is reached that which fails to conform to it is to be rejected.

(c) The Grand Realization - Man is God

What the advanced seeker realizes, most often after the hardest self-imposed hardships, is that he has to "rest in the Lord," he has to "lose himself to find." It is not easy for us, in this modern rushful life, to REALIZE this truth, but recognize it we must sooner or later - that MAN IS GOD. Then, why be eternally thinking about what we already inherently understand. We create nothing whatever - all creation IS. Man deludes himself into thinking that by his reason and intelligence he creates. In a very real sense, he DOES create, but not by his reason but "by My Spirit, saith the Lord."

When once this profoundly beautiful truth is known among the whole of mankind, and every man sets out to order his life by it, it will be seen that even all "self-defence" is "war." But those who believe that this regeneration can be attained in a single day, ("I want 'advanced' work," cries the young student - "give me advanced work . . . I 'know' all that!!") are under delusion. Regeneration, like every other natural process, must be gradual. A tree does not arrive at maturity in a single day; it grows first from its seed, then from its root, and gradually produces stem, branches, leaves, flowers and fruits. Nor in a single day can a crop of barley be ripened, a house be built, a man attain to his full bodily and mental stature. No, God never forsakes his principle - and all is a principle of growth. Regeneration of man is effected in a manner analagous to that in which a man is conceived, carried in the womb, born and educated. The truth is, however, that in every man that cometh into the world is The Light. As Swedenborg puts it somewhere in his writings: "The POWER to raise the understanding to the intelligence of the angels, is inherent by creation in every man, and even in every devil in hell." (This latter sentence I cannot endorse nonetheless, for the only hell that there is is that which we ourselves create. ("Hell" is because self-ignorance sits on the thrones of the world of knowledge.)

(d) Our Mentalphysics Duty of Gratitude

And how grateful we should be that we have come into this conception of Life and God and Ourselves. Though we have to "face the world," let us go out and work and never forget that the way to live is to DO that which lies nearest to our hand to do. We Nobles of The Light have truly entered the Mystic Life. The Mystic Life is the life of causes, of realization, of the soul. WE know that it is called mysterious because it is a manifestation of a mystery - for ALL LIFE IS A MYSTERY.

I have been speaking in our Church in Los Angeles recently on various topics, and have found that people are most interested in learning the mystery of how the Universe develops itself - take, for example, the Seven Kingdoms. I was

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speaking for seven Sunday mornings on this wonderful theme, and the interest was quite remarkable. Many wrote to me telling me that the manner in which the subject was brought forward really TAUGHT them something. Many people do not even know that matter is only the substance with which unseen forces and intelligences clothe themselves. That is where you and I were - we did not know; now we know that, as mystics, we are not satisfied with the mere outer forms of manifestation. We are going back of the outer phenomena of life and study their causes; for only so can we really understand their manifestation.

People generally feel that a mystic is a mere dreamer, but this is not so. A true mystic does not spend his time in idle speculation - he seeks the REALITY, the "THOU THAT ART." He penetrates the mists of radiant glory that for ever surround the throne of the Creator, and tries to apply the realization of the basic truths to his daily life. For the mystic the highest ideal of each phase of life is the only goal worth striving for.

We as mystics have studied the Laws of Causation, and have learned that the Laws of Sacrifice underlie the Laws of Manifestation. For just as the physical sun sacrifices its light and radiant energy that all the seeds and germs of life may grow and have their tiny individual expressions of life, so does the Creator and Manifestor of All sacrifice His Oneness that the multitude may manifest. How glorious to know that you and I were made for the purpose of being God, that we are the only avenues or means through which God may find expression in humanity. MAN IS GOD IN HUMAN FORM. But we, too, cannot be God until we express the sacrificial side of life - sacrificing ourselves in service to the lower so that, by The Law, we shall attain, and attain ever upward to the higher.

So, My Beloved, having this conception deeply rooted in our consciousness, I hope that we all - no matter where we may be - are EXPRESSING GOD . . . you where you are, I where I am; so that the Kingdom of God is coming into the consciousness of all whom we meet because of the fact that THE LIGHT SHINES OF ITSELF.

But I feel that discourses on religion tend to degenerate into an empty tale, full of sound and fury, signifying nothing. WE know that it is PRACTICE and practice ALONE that can teach us. There is more misunderstanding in the domain of religion and philosophy than in art, science or history, and this is due to the fact that men ignore the fact that in the use of many words there is much confusion. Therefore, with all my heart I exhort myself and I exhort you to DO THE WORK, for only by our works are we known.

"THE DIAMOND IS THE HARDEST OF KNOWN SUBSTANCES . . , SAND AND GRAVEL CAN BE GROUND TO POWDER, BUT DIAMONDS REMAIN UNSCATHED. OUR DIVINE NATURE IS LIKE THE DIAMOND. HUMAN NATURE, ITS BODY AND MIND, WILL WEAR AWAY, BUT THE DIVINE NATURE OF MAN CANNOT BE DESTROYED. IN HUMAN NATURE THERE ARE ENDLESS VARIETIES, BUT IN THE DIVINE NATURE THERE IS BUT ONE LIKENESS - THE LIKENESS OF GOD."

Peace be unto you all ways.

Sincerely your Teacher, in Fraternal
Bonds of Joy and Hope.

Written in Faith at
Los Angeles, California, U.S.A.

End of The Eighty-Ninth Commentary,
Inner Chamber.

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COMMENTARY
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THE WAY OF ATTAINMENT (6)
Practice of the Royal Art.

My Beloved Student in Mentalphysics, Noble of the Light :

Greetings in the Bond.

I am hoping that every one of us Nobles of the Light understands by this time what Sound (our speech) means. I hope that we also know what it means to "Have No Tongue," and how wise it is not to speak unless we have to speak, in which case we shall say something that is worth saying.

Though it does not immediately appear to the uninitiated, "In the BEGINNING was THE WORD." Can you see that every moment is the Beginning, for there is no Time, and each moment is, in a way, a center from which Life begins again . . . God, the All-That-There-Is, has no Beginning and No End. SOUND is the expression of Life, and thus the expression of God. The most elementary law, seen clearly, is that WE BECOME WHAT WE SAY. That is, the WORD is the issuing Force of the Father of All Life. If we SAY we are poor, nothing can make us rich; but if we say that we are rich, the force of the WORD makes us rich -- it is the Law. Therefore, there is indicated the greatest need for caution in breaking the silence with the Word.

I wish that it were possible for every Noble of the Light to whom I am now writing to attend the Inner Chamber meetings at The Institute where I am privileged to teach by word of mouth; but, as this is not possible, I pray that as I write the Spirit will allow to come through my fingers exactly what each Noble will need and understand.

(a) We Create With Our Sound.

Thoroughly to understand the first importance of Sound (speech) we should make a study of words, for words are the conveyors of our Thought. We say, for example, "I AM WHOLE." In saying this, we KNOW that we are telling ourselves the truth. We know the processes of mind behind what we are saying and of the feeling that enables us to realize within our own consciousness and

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our own body what we are saying. . we can see that WHEN WE SPEAK WE ARE THE CREATOR OF THAT WHICH WE DECLARE, and, having created it, we cannot stay the force that brings it into manifestation to the degree of feeling with which we proclaim it.

For example, let us ponder on the significances of the words - "I-AM--WHOLE".

"I AM" is the sacred name of the Creator as given to Moses at the burning bush: "I AM THAT I AM." THAT is the ancient word for the Nameless One, and Moses, who was an Initiate of the Egyptian Mysteries, knew that these words were enscripted on the walls of every temple in Egypt. The words "I AM" represented Existence, in this instance Eternal Existence, present, past, future. And now "WHOLE", think steadily of what it means. As I write I think of:

Roundness	Perfectness	Completeness
Circularity	Unbrokenness	Undividedness
Totality	Entirety	Allness
Aggregatedness	Comprehensiveness	Inclusiveness

Also such words as "wholesomeness," "healthfulness," "soundness," "beauty," "grace," "strength," and other complementary attributes.

As my mind rests upon the word "whole" in regard to the Universe, I think of:

Existence	Time	Harmony
Absolute	Space	Sound
Relation	Form	Breath
Uniformity	Substance	Light
Order	Vigor	Motion

As my mind rests upon the word "whole" in regard to my own mind, I think of:

Thought	Judgment	Knowledge
Spirit	Belief	Truth
Intellect	Faith	Wisdom
Reason	Memory	Energy
Imagination	Language	Power
Idea-communication	Creativeness	Thought extension
Sanity	Clarity	Brevity
Will	Resolution	Vision

As my mind rests upon the word "whole" in regard to my body and the interrelation of my mind in my body, I think of:

Health	Beauty	Strength
Soundness	Endurance	Resilience
Flexibility	Control	Concentration

Also of personal affections and feelings: passive affections, such as joy, pleasure, contentment, cheerfulness; discriminative affections, such as taste, likes, dislikes, social preferences; contemplative affections, such as expectancy, faith; prospective affections such as hope, courage, desire; sympathetic affections such as friendship, benevolence, gratitude; moral affections such as innocence, virtue, penitence, purity, and very many more.

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(b) An Analytical Exercise.

Now, having read over carefully what I have written, sit down and see how many more words will rush into your mind as you contemplate the word "whole" in relation to the Universe (the macrocosm) and to You (the microcosm). You will be astounded as you think of many words of slightly different changes of meaning.

Take this simple exercise: Sit before a mirror and say "I am Whole" in as many different ways as you can think of - say it softly, loudly, slowly, rapidly, murmurously, indifferently, and then, with all the love and emotional force you can command. Then with thanksgivingness, as though your gratitude were pouring out of you. LISTEN to the different sounds of your voice. Notice the different effects of your utterances upon your feelings following change in tone and modulation. If you are a faithful scrutinizer, you may teach yourself something that will be priceless to you.

Now, having carried this out (taking plenty of time), if you are attracted by any particular expression of the three words, make your selection and note the effect of the sound on your own emotions. Then look at your mouth as you say "I am Whole" with many different degrees of emotion. The first thing you will think of in contemplating the sound and form of "Whole" will be a circle. You cannot think of wholeness as a straight line, can you? The more you think of the word, the wider the circle will grow. You will notice also that the more feeling you place behind the sound the wider your mouth will open, so that when you say it with extreme emotion, slowly and with intensity, the mouth frames itself into a circle and the sound issues through the circle evenly and powerfully.

If you will grasp what I am telling you, you will have learned that there is a distinct correspondence between the very way the mouth forms words and the feeling that the words themselves convey. Thus, every word that we speak (no matter what may be the language) is like a note of music played upon the delicate instrument of life which is our body, and that the quality of music and its effect upon us is determined by the manner in which we speak. "IN THE BEGINNING WAS THE WORD!"

(c) Meditation and Sound.

Now, let us be patient, for we are discovering for ourselves the very source of our powers. Take your Nine Positives:

Whole	Powerful	Rich
Perfect	Loving	Young
Strong	Harmonious	Happy

Looking these over, we perceive a difference between the word "Whole" and the word "Powerful," for instance. While the word "Whole" has a full, pregnant, even, undivided sound, the word "Powerful" is harsher and more positive. (Sound the words, and you will see for yourself.) Its sound expands the atmosphere, as it were. When you say "Whole," the sound seems to be imbued with a negative feeling, with no explosiveness, and seems to be sustained within the breath as long as the breath pours it out. The word "Powerful" is dominant and penetrative, dynamic, and cannot be long sustained as evenly as the word "Whole."

Similarly, the word "Perfect" contains this penetrative quality as does also the

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word "Rich". Regarding the words "Strong," "Loving," "Harmonious," "Young," -- you can note if you practice that they are in the same category with the word "Whole," for they can be sustained on the breath with infinite feeling and emotion . . . They strike the negative principle, whereas the others suggest the positive principle.

(NOTE--What I am writing will mean nothing to you unless you practice saying the words. The sound and feeling of words will then make clear to you what I am unable to perfectly convey on paper).

Now, Meditation will mean little to you unless you ponder deeply the significance of the key words furnished to you for a meditational exercise or which you may yourself select as the thought received from the teachings that most impresses you. Recollect that in all esoteric instruction, or reading, or apothegms, there is an inner meaning hidden away to tempt your penetrativeness. A single word, like the "Absolute," for instance, means very little come upon casually, but in a Meditation hours upon hours, days upon days, years even, may be spent in searching for the meaning, the significance, the amplifications of that word.

Take the Twenty-Third Psalm for instance: Every line is packed with deep and profound reflection. "The Lord is my Shepherd." Here we have the intimate relation of the sheep to the shepherd. You are thus pictured as one of the sheep. Image to yourself this gentle, kindly, trustful animal, going only where he is led. And then the shepherd, selecting the best grazing for the sheep, the lovely contours of the feeding flock, their satisfaction in a green pasture, their delight with a still pool as they will not drink from any body of water that is disturbed, their economic and physical safety in the hands of their guide, and the touching words, "He restoreth my soul. He leadeth me into the paths of Righteousness" and so on. No wonder that man, as the sheep in the picture, bursts out with the exclamation: "He anointeth my head with oil; my cup runneth over." Six verses in all, yet every word, almost, an image of a most vivid type.

Take the double-column utterances of great souls that appear in THE LAMPLIGHTER at page tops. Every one of them is pregnant with a great truth, or filled with valuable historical information, with quotations from the Ancients. Or the formal exercises for Meditation that have appeared in the Commentaries as suggestions for deep thought. Take them apart, sentence by sentence; study their significances and their profundities. Read them out loud. Get their SOUND. Concentrate upon them. And if there be a picture in them, find it and elaborate upon it. Make it vivid in its form and color. Let your thought upon it be so steady and penetrative that, coupled with Sound and Significance, you will feel as if the room in which you are alone and in solitude is throbbing with Life, with the intensity of a realization of the Absolute. A shutter will open on some vista that will so impress the Imagination that nothing shall ever dim it. This is what is meant by Meditation. Words, Sound, Images, Vision, Revelation!

Meditation is the highest form of Prayer. It is a realization of Union with God. It is a Holy Communion between Father, Son and Holy Spirit and a balm to Body, Mind and Soul. It mingles us with the Trinity which is "US." Once the joys of Meditation are disclosed to you your hand has been put to the plough; you can never turn back. On the contrary, the movement will be always forward and upward, the self will become eternally united with the SELF and you will have entered into the Peace.

Therefore, be happy. Talk little this week. Watch every word you are tempted to utter. Study its far-reaching significances and possibilities. Think no evil, hear no evil, see no evil. Speak only when there is an imperative reason for doing so.

In your next Commentary I shall give you instances of the tremendous power of SOUND with the purpose of revealing it in all its aspects of grandeur.

Written in Faith at
Los Angeles, California, U.S.A.

Sincerely your Teacher, in
Fraternal Bonds of Joy and Hope.

End of The Ninetieth Commentary
Inner Chamber

Dino Lentini

THIS SPACE IS FOR YOUR OWN NOTES

